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THE  
**HOMŒOPATHIST,**  
OR  
*DOMESTIC*  
PHYSICIAN.

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Sold by J. G. Wesselhoeft.  
*Philadelphia, New York & Baltimore.*

—  
Allentown, Pa.:  
at the Academical Book Store.

1835.



*Printed by H. J. ...*

THE  
**HOMŒOPATHIST,**  
OR  
**DOMESTIC PHYSICIAN.**

BY

**C. HERING, M. D.,**

PROFESSOR IN THE COLLEGE OF HOMŒOPATHIC MEDICINE  
AT ALLENTOWN, Pa.

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FIRST PART.

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**SOLD BY J. G. WESSELHŒFT,**

PHILADELPHIA: No. 9, BREAD STREET, NEAR ARCH.  
NEW YORK: No. 142, FULTON STREET, NEAR BROADWAY.  
BALTIMORE: No. 17, POINT MARKET.

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**ALLENTOWN, Pa.:**

**AT THE ACADEMICAL BOOK STORE.**

1835.

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Price: D1. 1.

Entered according to the "Act of Congress" by  
C. HERING, M. D., in the District Court for the  
Eastern District of Pennsylvania.

## INTRODUCTION.

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This Book is designed as a Guide to families and individuals: — enabling them in most cases of sickness to effect a cure by means of innoxious domestic remedies; or in obstinate or dangerous disorders by the use of Homœopathic medicines, which rarely fail in affording the desired relief.

It is offered to the candid consideration of the Public at large: — to those whom experience has convinced of the inestimable advantages of the New or Hahnemanic system of Medicine, as likewise to those who have had no opportunity of testing its claims to consideration: — who know or have heard nothing of this system excepting the sneers and ridicule of *interested* individuals. Interest has a powerful effect in warping the human judgment, and the disciples of Hahneman have experienced their full share of persecution and ridicule from those whose *interest* it is, and has been, to control the medical opinions of the public: — but “truth is omnipotent and facts are stubborn things”; — the new system has effected cures (by means at once simple and agreeable) in cases where the skill of the old practitioners was entirely at fault: — the public mind has been aroused by the facts and will naturally investigate “how these things are”: — we fear not the

award, for it rarely happens that the people as a body, judge erroneously.

In ordinary cases of indisposition, such as headache, toothache, rheumatism or croup, let any sceptics apply the remedies recommended in the following pages as proper for these disorders, and conviction of the mild, rapid and powerful effects of Homœopathic medicines will rarely fail to follow: — and when once convinced they will be cautious of either using or administering medicine according to the old system; and will eschew all cathartics, pills, drops, tinctures or other vegetable or mineral preparations and will beware of bleeding, scarification, blisters, salves and plasters which are much oftener hurtful than beneficial.

This volume is intended as a Domestic Physician, to which parents may resort in most cases of indisposition in their families and will obviate the necessity of consulting their physician on every trifling occasion: — to those living in remote parts of the country, it will prove particularly valuable, as the obtaining of Medical aid (especially at night) is attended with much trouble, fatigue and delay; but with this Guide at hand, any person of ordinary intellect can afford relief, by simply following the directions hereinafter given. No attempt at fine writing is made in this work: — it is intended for all classes of the community, and distinctness and plainness have been studied throughout: — in fact we have considered it better to be *redundant*

than critically *concise*, for our design is to make the Homœopathic system intelligible and useful to all: — to the student in his closet and the traveller on the road: — the mother in her nursery and the mariner on the ocean. All are subject to disease and we have endeavoured to make every one, in a certain degree, their own physician.

Many ignorant and prejudiced persons have asserted that all the Homœopathic medicines are one and the same thing, because they *taste* alike: — in answer to this silly objection we need but remark that the *medium of conveyance* for all is the same, being nothing more than the *sugar of milk*, but the Medicines themselves are as various as the animal, vegetable and mineral productions of the globe, and administered in the most minute quantities. No mystery is made of them or their mode of preparation and although not mentioned in this Guide otherwise than by numbers, yet any one solicitous on the subject will be fully satisfied of their variety by consulting works on Homœopathia.

Another objection against this system is, that its practitioners are unacquainted with the Old System of Medicine: — this, like that above mentioned, is a great error: — no one can be a successful disciple of Hahnemann who is not well versed in the learning of the Medical Schools and it would be just as impossible for him to act judiciously without a knowledge of Anatomy, Surgery and Materia Medica together with Mineralogy,

Chymistry and Botany as for a man ignorant of Navigation and seamanship to carry a vessel in safety to any given port; such knowledge is absolutely requisite and any one practising medicine without it is a blunderer and a quack:— at once ignorant of the structure of the human frame and of the nature and properties of the various substances used to mitigate or remove “the numberless ills which flesh is heir to”. The profession of a Physician is a valuable one to the community and although we differ with the Old School as to the *modus operandi* yet we most heartily abhor all ignorant pretenders; — and in giving this Domestic Physician to the public, we are not influenced by a desire to injure the profession, but merely to introduce a more judicious and rational system of Domestic Practice and to put the community on their guard against the evils of the Old System of Physic as at present practised.

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### METHOD OF USE.

The following directions for using this book must be accurately observed. In most cases nothing more is necessary than to examine the Table of Contents and the remedy to be administered will be readily found. The work is divided into two parts; the *first* treats of the “*Causes of Diseases*” and the remedies applicable:— the *second* of “*Diseases most common*”:— therefore when the cause of sickness is obvious or



very probable first examine what is said about it in Part I. — afterwards see what is said of the *disease* in Part II. They are treated of in regular succession, commencing with those of the *head, neck, breast &c. &c.* enumerating under every head the diseases to which that part is principally subject and concluding with “*affections of all limbs or the whole body*”:— by bearing this arrangement in mind the reader will readily find what he may desire. As examples how to proceed we give the following:—

Suppose a case of cold attended with headache, and diarrhoea; look first for “cold”, then for “diarrhoea”. If a person is taken sick, and the cause is not perceptible, but he complains of pain in various places, examine all. For instance, some one complains of headache, pain in the neck and the right side, look for all three. Thus you will readily find the proper remedy applicable against the whole.

Never give more than one remedy, unless the first will not remove the complaint.

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When a person suffers severe pain, or is seriously ill, or labors under several complaints at once, you will do well to note down all his symptoms, before you consult the book. For if you read in the book, and then ask the sick person: is it so or so, or does this or that *hurt* you, he may answer in the affirmative, without properly consulting his own sensations, or

imagine something different from what is really the case, which would lead to an improper remedy.

It is the better plan to write down all the sick person tells you:— then inquire minutely into every circumstance, adding First:— exactly where it pains.

Secondly:— how he feels, requiring him to describe the pain, and to what it may be compared, whether tearing, cutting, beating &c.

Thirdly:— when and why it is getting worse or better;— according to the time of the day: in the morning, or evening, or at night;— according to the weather:— when damp, cold or dry;— according to the position of the body, when still or in motion;— before or after eating;— after sleep; when touched; pressed and so forth.

In the fourth place:— Note what signs combine, for instance, when coughing always headache; or with headache inclination to vomit; or with this inclination shivering &c. In the appendix at the end of the book you will find proper instruction relative to all these particulars.

Having written down these observations, look into the book for every principal sign, and you cannot fail finding the proper remedy.

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Having examined without finding a remedy that will suit for all the patient complains of, choose that which

is applicable to most of the signs, and best calculated to relieve what principally affects him.

Do not be discouraged, if you should miss the proper remedy, or have much trouble in finding a suitable one. These difficulties will vanish when you become better acquainted with the subject. The more you use the book, the more familiar it will become, the less time it will require, and you will better and sooner find the remedy intended.

When you give an improper medicine, the patient will, of course, not get better, yet this need not alarm as it would in treating according to the system hitherto prevalent;—for Homœopathic medicine is so prepared that it will help, when it is the right one, but it will not injure, should a mistake occur. In such case the disease will generally remain the same, yet sometimes a change will take place, in which case examine the book, to see whether another medicine may not be given to advantage. Should the patient get worse, after having had a remedy administered, look into the appendix for another to counteract the effect of that already given.

Homœopathic medicine can only prove hurtful when you administer it too often, and in too quick succession without giving the first time to operate. Let every remedy operate for the time indicated in the book, and should it afford some relief, give nothing, or, if the patient does not, or only slightly improve, at most one

of No. 30 diluted in a spoonful of water, every day, or every hour, before you proceed to another remedy. In this manner you can never do harm.

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### **HOW TO APPLY THE MEDICINE.**

It is applicable in three different ways: 1st by smelling; 2d by taking one or two globules; 3d dissolved in water.

1st. In all violent complaints, which do not endanger life, for instance headache, toothache, stomachache, affections of the breast, to small children, and all persons who are easily affected by medicine, you will only give the cork to smell which covers the vial. You pull it out, shutting the vial meanwhile with the forefinger of the left hand, and hold the lower part of the cork which came in contact with the medicine, close to one of the nostrils of the patient. With children the preferable time is when they are asleep. Once or twice smelling at the cork is sufficient. The powders from No. 31 upwards, which have been added to the medicines, are likewise only intended for smelling. You open the paper as if you were going to take, but are only to smell at them. If intended for children you open them, and lay them on the table, rubbing the medicine a little with the point of your little finger, you will then either put the finger on the child's tongue, or let the child smell it. If you take care to rub your

finger previously quite dry, you may use the powder nearly a hundred times.

2d. In all *tedious* diseases of stout persons, to persons suffering pains not very acute, or from a fall, foul stomach, sickness accompanied with violent vomiting, and in most other common cases of sickness, you administer one or two small globules.

This you do by opening the vial and letting one or two roll into the hollow of your hand; — the patient takes them off with his tongue; or you drop them into a very dry and clean spoon, and let them fall on his tongue.

3d. In all dangerous cases, in *tedious* diseases, when much medicine has already been taken, and the whole system injured, and in all cases, where neither taking the medicine dry, nor smelling it will avail, you will administer it in water.

For this purpose the glasses must be very clean, and have contained nothing but milk or water, else you must rinse them several times with cold, then with hot water, dry and heat them on a stove as much as the glass will bear, and then let them cool.

The water you take should be as pure as possible, contain no mineral particles, not be hard, but so as to dissolve soap readily, or let it remain covered for 24 hours, and then pour off from the top as much as you may want. You should never use the water the patient uses as his drink except in case of necessity.

Put 2 to 3 globules of the medicine into the glass, pouring thereon from  $\frac{3}{4}$  of a pint to a whole pint of water; then pour this water into another glass, and from that again into the first, thus continuing 4 or 5 times. When there is but one clean glass to be had, you must stir the water with a clean spoon 10 or 12 times. Thus the medicine becomes properly mixed with the water. You will give an adult a table spoonful of it, to children a teaspoonful; or they may take a sip from the glass.

In every instance where it is stated below how the medicine is to be given, R. signifies smelling; ° ° means, give so many dry globules; W. in water.

It is also mentioned how often such a dose is to be repeated.

A general rule is to repeat the dose as seldom as possible, and give as little medicine as you can avoid. The taking dry, and smelling of the medicine is seldom repeated, the taking it in water more frequently.

After applying the medicine by smelling, taking, or in water, you must watch the changes which occur in the patient. You wait in bad cases one or two hours, in tedious cases a whole day.

If the patient improves, ever so slightly, give no more medicine. But if the patient relapses, and the sickness increases, give the same medicine again.

If the patient feels worse, the sickness is either the same, though in a higher degree, or varies from what

it was; — there is something which the patient did not feel before. If he is worse and his case differs, you must give a different medicine. Yet if worse, without the case being different, you must wait. It will often happen that upon taking medicine, the pains or the particular symptoms of the disease become rather worse;—yet this is a favorable sign for the patient. It proves that the medicine has taken effect, and operates upon the disease. By no means interrupt this operation, for the patient generally improves after it. Should he however get worse and continue so, give the same medicine again, but in a weaker state. If the patient took globules, let him smell at the cork. If he smelled before, give him the same medicine in water. If he took it in water, let him now take it again, but only half the quantity he took before.

Should this repetition prove unavailing, give a countermedicine, let the patient smell camphor, or spirits of nitre, till a change takes place.

If the patient continues in the same state, repeat the medicine within the space of time below mentioned — in violent, dangerous diseases after one, or more hours — in tedious cases after 3, 4, or 7 days. Of the water you may give in bad cases every hour, but in tedious cases a table spoonful every morning until an amendment occurs.


If an amendment does occur, although ever so slowly, do nothing further. The fairest course of

amelioration may be interrupted by giving medicine too soon.

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During the time medicine is taken — in order to enable it to operate and effect a cure, the strictest attention ought to be paid to the diet hereinafter mentioned, else all may be in vain.

Should the patient feel better, yet the medicine, being interrupted, should have no further effect, and the complaint should get worse again — for instance in consequence of strong smells frequently not to be avoided, or catching cold — give first something to counteract the cause which occasioned this interruption, and then recur to the same medicine which had brought about an amendment — or you may repeat this same medicine at once.

 In the United States neat small cases containing the medicines appertaining to this Domestic Physician, can be had of Dr. G. Lingen, No. 103, North Seventh street, Philadelphia; and in J. G. Wesselhøft's Book Stores, No. 9, Bread street, Philadelphia, and No. 498, Greenwich street, New York; also at the Academy, Allentown, Pa. Empty vials can be filled again, if required at the places mentioned.

For various reasons we have not named the medicines, but only designated them by numbers. When paying proper attention to the numbers, no mistake can happen.

Yet the name of the remedies is no secret, for no secret whatever obtains in the new system. He who procures the works on the Homeopathic system of medicine, can readily find therein the names of the medicines prescribed, and also how they are prepared.

Be careful to stop each vial with the same cork with which it was stopped before, for were you to misplace one cork for another, all the medicine might be spoiled.

The case containing the medicine must be kept in a dry place, neither too warm, nor too cold.



## FIRST PART.

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# OF THE PRINCIPAL CAUSES OF DISEASES.

### A.

#### OF AFFECTIONS OF THE MIND.

FRIGHT often has bad consequences, either immediate or remote. If occasioned by sudden joy or surprise, although the cause be agreeable, yet it often affects the mind, occasioning fainting, trembling &c., particularly with women, or children: — in such cases give No. 1 first R., and if this will not avail then W.

If it was but a common fright from a sudden noise or something similar, give No. 2, should it be required immediately; but if only within a half or an hour after, No. 3 will be preferable, substituting, if after the expiration of an hour no effect is perceptible, No. 2, and so alternately, as above, first R., and should this not answer then W.

If the fright was accompanied with great fear, No 2 will answer best; and, if required, then the medicine mentioned under the caption "Fear". If vexation accompanied the fright, No 3 will help; if followed by grief or melancholy, No. 4 is more to the purpose.

Upon the appearance of the worst consequences of fright: pain in the forehead, bitter taste and sour vomiting, weakness and cold sweat; oppression with inward heat, anguish and heaviness in the bowels; or coldness of the body with trembling, oppression of the breast, stiffness, unnatural sleep with loud snoring &c., give No. 2 W., a teaspoonful every quarter of an hour, and if ineffectual within an hour No. 31 R., and should an hour elapse without improvement, take No 3, and repeat (if necessary) several times.

If the fright is followed by convulsions, the patient remaining insensible, if he trembles, cannot see, breathes with difficulty, evacuates involuntarily, No. 2<sup>00</sup> or No. 4 will afford relief.

When children have been frightened into fits, and they cry loudly, have cramps in their arms and legs, their heads hot and in perspiration, and the face red, No. 2 will help, or afterwards No. 5; should they turn very pale, No. 4, and if they feel very cold, and evacuate, No. 6.

In cases of simple vomiting and sick stomach, No. 3.

If suffering under diarrhœa from fright, occasioning anguish or joy, take No. 2, and upon a recurrence, the patient laboring under great apprehension, No. 3 — and if this will not avail, No. 6.

In fainting from fright No. 2. When the patient becomes cold, sprinkle his face and wash his feet with

cold water, and should the fainting return, let him smell camphor once or twice.

If after the fright the patient continues in fear, and the other medicine will not avail, give him No. 5 once.

If fright or vexation is followed by derangement of mind, give No. 5. If this will not sufficiently avail, particularly should the patient relapse into a state of stupefaction or deep melancholy, laughing from time to time, or showing great pride and contempt for others, or laboring under much anxiety and fear of death — or if the case is connected with complaints peculiar to females, give No. 32 R. Or in case you have given No. 5, without its having taken effect, the patient remaining in a state of distress, and falling after the slightest exertion into trepidation — if he is unable to sleep because of horrid imaginings — feels always worse at night, cannot bear the warmth of the bed — attempts to escape: — is quarrelsome, or complaints of every one around him — No. 7 will prove effective.

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**FEAR** is often combined with fright and anxiety, and the same medicine indicated there will answer here.

When children are very fearful, No. 3 will help if given in the evening; No. 5 in the morning.

In cases of diarrhoea from fear No. 6, or when the body feels hot, and the limbs cold, No. 8.

If other symptoms occur such as stupefaction, impediment in swallowing, laughing in sleep, sudden fright and a desire to escape, No. 33 R.

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**GRIEF AND SORROW** have more evil consequences than any other affections of the mind. Either sudden consequences; or, if remote, tedious and worse than the former. The first are easily removed — the latter not always. Nay without the proper medicine for the mind, all remedies will be useless. He who cannot find that, need not expect that those for the body will avail much.

In cases of silent inward grief with shame, suppressed anger, great affliction recurring instantly to the mind, grief from unrequited love; loss sustained which one cannot forget; or when something preys upon the mind, give No. 4 R., which in many cases may be repeated the next day.

When vomiting, sick stomach, headache or vertigo result from it, give No. 4, and should this not avail, No. 10.

When epileptic fits are consequent upon grief and sorrow, give first No. 4, if this will not help, No. 2 during the fit, and No. 10 a day after every fit, or in water every day during a week.

When the case originates from unrequited love, give

first No. 4; and after some days, if necessary No. 10, particularly if the patient is very quiet, silent or suffering under a dumb ague. Should he or she talk in a deranged manner, be jealous and violent, give No. 33 R.

If from other vexatious causes mental derangement ensues, No. 5 will afford relief, and next No. 10. Also No. 7 and 32 in circumstances stated under "Fright".

If home sickness is the cause, and the patient is unable to sleep, is hot or red in the face, give No. 34 R. If this proves unavailing, and the patient is visibly in a state of decay, does not like to talk, perspires much in the morning, feels sleepy and drowsy, give No. 10. If the patient is much affected, trembles, is restless, full of anxiety, particularly at night, feels cold, and is subject to night sweats, give No. 7.

In tedious cases resulting from grief and sorrow, when the patient is vexed, angry, restless, fearful, dejected; imagines the worst, dreads futurity, is constantly in a state of anxiety, feels sleepy the whole day, does not sleep much at night, perspires day and night, looses his hair, and his voice becoming feeble, give No. 11: yet should he from vexation only be unwilling to talk — feel feverish and decay, give No. 10; when he is quarrelsome and insufferably touchy; — feels distressed &c. &c., give No. 7.

**VEXATION** is frequently only connected with silent grief, sorrow and shame, in which case No. 4 will help; if a fit of ague follows, and the patient remains vexed, No. 12 will help; if after vexation he feels cold, and is generally of angry disposition, and No. 12 will not do, give No. 13. If the vexation is accompanied with great and just indignation, and a detestation of what has happened, if the patient throws away whatever he holds in his hand, or pushes aside whatsoever may happen to stand before him on the table, give No. 11. But if the vexation was accompanied with violent paroxysms of anger and heat, give No. 14, which generally will answer best in cases resulting from anger.

If a cough results from vexation, or if palpitation of the heart, asthma, cramp of the breast, or a feeling of suffocation, give No. 14; it will be well also to put the hands for a short time in cold water, and if this proves insufficient, put the arms in warm water, till an amendment takes place.

If from vexation a person has a bitter taste in the mouth, feels inclination to vomit, or does throw up much bile, has headache, palpitation of the heart, oppression on the stomach, bowel complaint, diarrhoea, hot fever, is very thirsty, looks red in his face and eyes: anguish and restlessness: bilious fever or jaundice, give No. 14; repeating the dose but seldom, and if so, after 6, 8 or 12 hours.

If he feels more of ague, give No. 12, and if this will not answer, No. 6.

If, after having taken much chamomile tea, a person gets vexed, or if he has taken chamomile tea against fever, give No. 1, and should it not answer No. 13, and the pains still remaining No. 14.

If the patient was always of a mild temper, and No. 14 will not avail, give No. 8.

If after vexation a person has been eating or drinking, and has in consequence a bitter taste, belching, vomits bile, has stomachache, much heat in his head, is uneasy, his sleep often interrupted, is irritable and labors under similar complaints, No. 14, given once or twice, will afford relief; but if the case has occurred often, and this remedy proves unavailing, perhaps No. 8 or 13 may answer.

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**ANGER.**—When persons of a violent temper suffer after a sudden fit of anger, No. 13 will help. When anger is the consequence of just indignation, and the patient is of a less sanguine disposition, No. 11 will answer. Should mental alienation be consequent upon anger or vexation, give No. 32 R.

When small children get angry, and in consequence lose their breath, or fall into fits, give No. 14; when they weep and cry much, being also much troubled with cough, give No. 15. When they cry continually,

and cannot be pacified, give No. 5, and when this will not avail, give No. 16, — this last but once.

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Sensibility and great irritability are the cause of indisposition with many, because they are easily excited by the slightest affection of the mind.

When this great sensibility is connected with inward vexation, want of sleep, painfulness of the parts affected, so as to excite weeping, the eyes becoming full of tears, No. 1, several times repeated, will help. The patient must abstain from coffee.

When the nerves are irritated, the organs of the senses more than usually sensible, when frightfulness and anguish prevail, an inclination to lie down, aversion to fresh air, a state of mind angry, stubborn and querulous; when with women their monthly courses are irregular, insufficient, or suppressed, give No. 8.

Should this not afford relief, give No. 4: — to those who are of sanguine temperaments, give No. 14.

To a person very irritable, full of schemes, and much excited at night, give No. 17.

When pain is so violent as to render the patient flighty, give No. 1, if this will not do, and he is feverish, has a very quick pulse, give No. 3, and if this does not answer, give No. 14.

To persons thrown by pain into this state, and subject to its return by a change of weather, or their catching cold, and becoming worse by being touched,



give No. 17 — and should this within 6 hours prove ineffective, give No. 7.



## B.

### OF COLDS.

Colds are the cause of so many diseases, that we need say but little about them. The most usual are catarrh and cough, sometimes with fever; or colic and diarrhœa; or toothache, pain in the ears and limbs. In every case of this kind, examine under the several captions; here follow the most material.

The first remedy is: keep yourself warm, and your feet dry; abstain from all spirituous liquors, which will render the complaint worse, and when violent, use neither animal food, nor spices.

When you feel that you have caught cold, without perceiving any bad consequences from it, take in the afternoon, or in the evening, some hours or an hour before going to bed No. 13, keep quiet for about an hour, without talking, thinking, reading or other mental exertion, drink before you retire a large tumbler full of very cold water, whether in summer or winter, cover yourself well and wait for a perspiration. You will feel well again, if not the next morning, in the course of the forenoon.

When children cannot be made to drink water, or

when from experience you know that this will not produce perspiration, give milk and water in equal portions, well sweetened with sugar and quite warm, like tea. To lying-in-women but little of this can be given, or they will perspire too much; with them it will be better to put a linen cloth in hot water, wring it out, and put it around their feet and the calves of the legs. Yet lying-in-women, when they have caught cold, are more readily brought to perspire by No. 14 R.

Robust laboring men or women, who after having overheated themselves, catch cold, may take in the evening hot water with sugar and brandy, or rum, well mixed.

To a person who in winter has become stiff with cold in wet weather, give a cup of strong black coffee, and if no sleep follows in consequence, at night No. 13.

When perspiration has been stopped by a cold, and one has headache, earache, toothache, or pain in the bowels, No. 14 will usually afford relief.

When any one has sweaty feet, and the perspiration by reason of a sudden cold has ceased, take a tubful of bran (of wheat or rye), heat it in the oven or stove, put it 3 or 4 inches deep into the tub, let him put his feet on it, and cover feet and legs up to the knees with the rest of the bran, as hot as it can be borne. The feet should be kept in for half an hour. If this will not

cure, give No. 21<sup>o</sup> two mornings in succession, and if required after 7 days repeat the dose.

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When CATARRH results from a cold, and the patient can neither smell, nor taste, give No. 8; when the catarrh is accompanied with much heat in the eyes and head, and the nose pains, give No. 5; when the nose is stopt, give No. 13.

When there remains a cough, after other remedies, and the cough is dry, give No. 13; if dry so as to excite vomiting, No. 25; if hollow with the same excitement No. 29; if with tough mucus, particularly with children in winter, give No. 14; if moist, give No. 22 or No. 8. Look to what else is said under "Cough". If cough returns with every blast of cold air, give No. 10; if it returns upon having accidentally an arm or a foot uncovered in bed, is hollow and troublesome, give No. 16 R.

When the cough originates from cold air, is dry and convulsive, with vomiting, or throwing up bloody matter, give either No. 12, if it is accompanied with pain in the side, or under the ribs, headache, if preceded by a ticklish sensation in the throat and followed by pain in the breast; when the pulse is hard and beats quickly; or give No. 29, when the pulse is moderate, the breast feels sore during the cough and after it has ceased, the pain being not twitching but rather

burning, oppression on the breast and palpitation of the heart.

When through cold a catarrh has returned, give No. 8; when an irruption on the skin has returned, give No. 25 every 2 hours; if this will not avail, give No. 12, once or twice.

When ASTHMA results from cold, the patient feeling as if he should suffocate, give No. 25 W., if necessary every hour or half hour; should this prove ineffective, give No. 19 W., every hour, until relief is afforded. Sometimes also those medicines will answer which are mentioned under "oppression on the breast".

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When DIARRHŒA suddenly results from a cold, give No. 2; if this will not avail, or the diarrhœa did not follow immediately after having caught cold, a day or more than one day having intervened, and there is no stomachache or other bowel complaint with it, give No. 22.

When diarrhœa originates from catching cold while in perspiration, or a cold bath, and the patient suffers from heat in the head, preceded by a cutting pain in the bowels, or simply a painful sensation upon pressure in the cavity of the breast, and the abdomen, his excrements containing undigested food, No. 12 will avail; when bad water is partially the cause of it, food goes off undigested, and No. 12 will not answer,

give No. 17. When he is troubled with vapors, a cutting pain about the navel, has a hard stool, with slimy matter, or blood, and much weakness; or when the patient is addicted to spirituous liquors, give No. 13. When the evacuation of slimy matter and blood becomes bad, give the remedies against dysentery; if not so bad but tedious, give No. 18 W.

When the stomachache is violent and convulsive, particularly previous to the diarrhœa, the evacuation being thin, of a brownish color, with burning in the bowels, give No. 17.

Should the pain in the intestines become so convulsive that the patient cannot remain quiet, and he feel as if a ball were pressed inwardly against his side, or as if his whole abdomen were hollow, with nausea and vomiting, the evacuation slimy, green, and smelling very offensively, give No. 14.

When exposure to the night air is the cause of the cold, and the stool is green and watery, preceded by much pressure and a fainty feeling; with cutting pains in the bowels, oppression on the breast, a constant, uneasy inclination to evacuate, rumbling noise in the bowels, acute pain in the cavity of the breast and in the stomach, which feels quite cold, with nausea, ague &c., give No. 7.

In cases of foul stomach from eating too much pork, pastry &c., when the stomachache is worse in the afternoon, in the evening or at night, the patient being

troubled with vapors, the abdomen hurting when touched, give No. 8. Thus also with pregnant women, when the pains resemble labor pains.

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When a cold is succeeded by PAINS, with an inclination to weep, great sensibility and want of sleep, give No. 1.

When the pains are so violent as to be almost intolerable, give No. 14.

When from colds originate severe headache, a rising of the blood into the head, and these complaints increase when the sufferer is walking, going up stairs, at every step, each concussion, or when stooping; becoming still worse when exposed to the draught of air, as if the head were going to split, give No. 5; when the headache is more painful in some particular spot, occasioning tinkling in the ears, and difficulty in hearing, give No. 22.

When the headache originates from exposure to the draught and is but external, give No. 13; if internal No. 5; if resulting from bathing, and No. 5 will not answer, and the headache is accompanied with nausea, giddiness, a foul stomach, increasing after smoking tobacco, give No. 20.

Affections of the EYES resulting from a cold, are best cured by the medicine stated under that head; No. 5 or 22 will answer, either the one or the other, yet not the one after the other.

When the eyes feel painful, inflamed, are filled with tears and unable to bear the light, give No. 5, and when this will not help, No. 7, and should this also prove unavailing, No. 16 R.

When the pains are not so great, resembling more obstructions in the sight when reading, with flashes before the eyes, or when upon every catching cold the eyes are affected, give No. 22, and afterwards No. 18 W. Should this afford no relief, or the patient have taken it previously, give No. 35 R.

Complaints of the EARS frequently result from colds. When there is much tinkling in the ears, and consequent obstruction in hearing, give No. 22, and should after some weeks the complaint return, and this medicine prove unavailing, give No. 18.

When accompanied with a twitching, cutting pain, dryness of the ear, with vexation of mind, No. 14 will help, or should it tear, cut &c., No. 13; when the mind is more at ease, the ear moist and running, or hot and red with vivid pain, the face also having something of this appearance, No. 8 will answer; or, when the ear is not so hot and red, but much troubled with tinkling, and quite sore from the matter exuded, emitting blood, the glands of the ears and neck being swollen, give No. 7; and should this not effect a perfect cure, and there remain heat, redness, twitching, pain when sneezing, tinkling and beating, give No. 16 R. once, and thereupon No. 30 several

times. Should the running of matter, tinkling and burning continue, give No. 18 and afterwards No. 30.

**TOOTHACHE** from cold is usually cured by Nos. 14 or 23. Examine under "Toothache". Should these medicines not avail, give No. 22. When upon every cold toothache returns, Nos. 17 or 18 will afford relief; yet the latter only, repeated once a week, or in water.

**PAIN OF THE THROAT** from cold is in most cases relieved by No. 5 or 22. Only have patience and give the medicine time to operate.

When cold is the result of drinking, No. 5 is preferable; when the cold is very severe, No. 22. When the throat feels sore and hot, with obstruction in swallowing, much saliva in the mouth, the glands being swollen; when the patient finds difficulty in swallowing or speaking, his throat feeling as if too narrow, when his drink runs partly out of his nose, and he is very hasty, give No. 5 W.; when the pain is not so great, yet the tongue feels as if lame, the patient being troubled with much perspiration, sometimes very offensive, which affords him no relief, give No. 7, or some of the other medicines, indicated under "Inflammation of the throat".

**NAUSEA** and vomiting after a cold, particularly when pimples or other cutaneous eruptions have been driven in, will be cured by No. 25, taken, if neces-



sary, every hour, or 2 or 3 hours. Should this not answer, and the vomiting be connected with much exertion, and sour or bitter, give No. 5 W.; if tough mucus only, No. 22 W.; when constantly returning, with much nausea, particularly after motion, eating, talking, or when riding, or after sleep, give No. 41 R. Should it happen after every motion of the body, and the patient cannot remain quiet, is weak and dry, yet cannot drink, give No. 19 W.; if this will not stay with him, No. 19 R.

When the stomach has been injured by eating too much fruit, or swallowing ice, No. 8 will afford relief, particularly should it be attended with colic, and the patient, subject to vomiting, throw up what he has been eating; or should he be subject to sour vomiting at night. Should the stomachache be very severe, accompanied with inward burning, great anguish, vomiting bile; and all these circumstances be worse after drinking, and No. 8 not avail, give No. 19 R.

Should RHEUMATIC PAINS result from a cold, and the part affected feel uneasy, so as to require a constant change of position, feeling as though every thing were too hard, and the limbs as if palsied, the patient complaining when a person is walking in the room, or approaching him, No. 15 will help.

If he is troubled with fever heat, give first No. 3, and after two hours No. 15. In many cases it will be advisable to change alternately both medicines; yet no

new medicine should be given, except when the case is actually getting worse. Should there linger some remnant of the complaint, administer those medicines indicated under "Rheumatism".

If rheumatism is worse when at rest, or at night, with lameness, or numbness of the limbs, white swelling, or burning in the feet, or a red inflammatory swelling of the big toe, a stiff neck, very dry skin or offensive perspiration, which affords no relief, give No. 22, and should this not avail No. 7.

When the same symptoms return after every cold, particularly that uneasiness upon the approach of others, or when the patient attempts to swallow; the symptoms being worse when he keeps himself quiet, better when he is stirring about; with swelling of the big toe, and cutting, burning, beating pains, give No. 10.

If accompanied with swelling of the knees, knots on the joints of the hands and fingers, give No. 18, and should this not avail, give No. 35 R.

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When a cold is succeeded by a FEVER, give No. 3. Should the fever increase, or have gone to far already, select one of the medicines indicated under "Fever"; Nos. 13 or 14, 5 or 22, 4 or 8, unless another should evidently answer better.

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In general the following medicines are most appli-

cable in complaints from colds, if painful or inflammatory, Nos. 1, 3, 14, 13, 8, 5 or 28. When not so painful, Nos. 22 or 25. When tedious, and often returning, and the patient has previously taken much mercury, calomel or blue pills, Nos. 29 or 18; when not, or subsequently to these, Nos. 21 or 35. When resulting from bathing, give Nos. 20 or 18, and after some weeks Nos. 29 or 35.

When resulting from want of perspiration, Nos. 14 or 17 will often answer, or Nos. 5 or 22, and should these not suffice No. 21.

When too great perspiration is the cause, No. 7 or 10 will frequently answer, then Nos. 17 or 29; also Nos. 18 or 16, according to circumstances.

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When a person is very apt to catch cold, or is unable to take sufficient care, he will do well to abstain from coffee altogether, to drink rather cold than warm things, and little spirituous liquor; thus his habits will gradually improve, particularly, when using, according to circumstances, the following medicines: Nos. 1, 5, 13, 17, 22, and preferably Nos. 21, 29, 35, yet not too often, but at long intervals. He ought to wash himself frequently in cold water, accustom himself to the fresh air, not hesitating to go out and bear every kind of weather.

Yet if he cannot do this, his system being affected by every change in the weather, he may take No. 13

or 14; — when he cannot bear cold weather, give him No. 19; when his limbs, fingers or nose are apt to get frostbitten, he should, before going out, rub them with spirits of camphor; when frostbitten already, let him take the medicine prescribed against this; when he sickens from every blast of keen air, give, according to circumstances, Nos. 12 or 23, 6 or 7, and if unavailing, Nos. 29 or 35, which will recruit him; when he is unable to bear the wind No. 29; when he cannot stand the draught Nos. 5 or 18, 21 or 35, one after the other; say one within 5 or 6 weeks.

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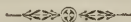
When a person cannot bear the night air, No. 7, and after some time No. 18 will afford relief, should it not, No. 29 will. To one always affected by damp weather, give Nos. 22, 23 or 6, and afterwards Nos. 29 or 35. If the breast suffers Nos. 22 or 29.

To one affected by thunder gusts, give No. 12, and afterwards No. 21.

To him who suffers at every change in the weather, give first Nos. 7, 9 or 23; should they be insufficient, give No. 18, and afterwards No. 21. At a change from warm to cold No. 22 — from cold to warm No. 29.

When catching cold in spring Nos. 6 or 23 will often answer, or No. 29; in summer Nos. 5, 12 or 29; in the fall Nos. 6, 7 or 23; in winter, when dry Nos. 3, 5, 12, 13, 14 or 18; sometimes

also No. 25; when damp Nos: 22, 6 or 29. It is most prudent always to examine under the names of the various complaints, what is there mentioned particularly about each remedy; for the above indication is merely to serve as a guide in dubious cases.



## C.

### OF OVERHEATING, IMMODERATE EXERTION AND EXHAUSTION.

After immoderate exertion a warm bath, continued for half an hour is beneficial; should you feel pain in the limbs, rub yourself while in the bath with spirits of soap, which will relieve the pain and the heat.

When by great exertion in summer you have overheated yourself, you will do well to take some drops of rum or strong brandy on sugar, not drinking cold water till some time has elapsed. If you are very tired, a cup of weak green tea is advisable; when you have fatigued yourself too much during cold weather and you have to go out again, drink cold beer; if you can stay at home, warm mulled beer. Spirituous liquors in the winter season are not good, because you will suffer more from the cold afterwards; during the summer they are beneficial only immediately after you have overheated yourself, yet if taken too copiously, you will feel exhausted the next day. If hot weather

easily exhausts your strength, drink coffee sometimes, but no spirits.

When a person suffers from a stroke of the sun, having exposed his bare head or neck, or slept in the ardent rays of the sun, or near a hot stove, you must give him instantly No. 3, repeating the dose (should he not mend) until he gets better, and then No. 5; this will help in almost every case. Should it not, let him smell camphor.

In cases of severe **HEADACHE** from heat, when the head feels as if it were too full, or as if it would burst;— is worse when stooping, particularly in the forehead; when walking; at every exertion of the mind; accompanied with hot fever, much thirst, vomiting, or want of sleep, give Nos. 5 or 12.

No. 5 will help, when the affection is accompanied with great anguish and uneasiness; rage or at least great irritation, or despair, frightfulness and fear of things present, lamentation, weeping, crying.

No. 12 will help, when the patient feels tired and vexed, as if he could not bear his clothes, or more angry and vexed than inclined to despair, or is apprehensive of future events.

If he is troubled with headache whenever he overheats himself, and feels heaviness, pressure over the eyes, or pain in the eyes from seeing, give No. 29.

When headache is produced during the summer by great heat, exertion in the sun, or before the fire,

feeling as if the head were too full, want of appetite, particularly in the morning, much thirst, fever, trembling, sometimes nausea and vomiting, or diarrhoea, give No. 12.

DIARRHŒA from heat, particularly stomachache from drinking milk; and fever from excessive heat in summer, will cease upon giving No. 12; sometimes, however, you have to repeat the dose the next day.

To a person unable to bear the heat of the sun, or to work in very warm weather, particularly when he is troubled with night sweat, is drowsy, complains of his stomach and bowels, and No. 12 should not answer, give No. 20.

When only nausea results from the heat, and the medicine indicated will not afford relief, or the nausea always returns, give No. 20.

FATIGUE from walking, or labor, particularly in summer, is often so great, as to get worse when sitting down to rest. If there is no opportunity of taking a warm bath, put your feet in warm water, into which throw a handful of salt. Should this give no relief, take No. 1. When a person is so tired as to feel fainty, or actually to faint No. 6; when during the exertion he eat nothing, No. 1 will help; did he perspire too much, and feels weak in consequence, or is he naturally of a feeble constitution and subject to night sweats, give No. 17.

If he only feels exhausted in all his limbs No. 15

will afford relief; when the feet are swollen, or pain from walking, take No. 15 W., bathing the feet first in water, dry them, and after wetting them again with the same water, let this dry in.

When you have hurt yourself by lifting or carrying, and your limbs feel painful, whether you stand or lie down, No. 23 will afford relief.

But if a person, otherwise in good health, should feel tired after the least exertion, and even from talking, give No. 41 R. If this will not answer, give No. 6 twice; and if he still remains in the same state No. 35 R.

When a person loses his breath from running, gets a cough, pain in the side and limbs, give No. 3; should the pain in the side continue, give No. 15, and if this should afford no relief within 12 hours, give No. 12. Should the asthma continue, and get worse upon walking rapidly, running, mounting, or be accompanied with cough, and ejection of mucus, give No. 21.

NIGHT WATCHINGS are always weakening, notwithstanding their necessity. Should they prove too weakening, as there are people unable to do without one hour's sleep less than they are accustomed to, give No. 41. When staying up at night occasions headache, and to keep yourself awake you have drank much coffee, wine or spirituous liquors, No. 13, taken before going to bed, will afford relief. When the



complaint is not occasioned by liquor, or when the patient cannot lay down, or feels nausea, give No. 25. If the complaint is worse in the evening, and better in the morning, or with women when they cannot go to bed till towards morning, give No. 8. When there is a rushing of the blood towards the head; a heaviness when moving the eyes; when the headache increases in the fresh air, becomes violent when walking, with persons of a sanguine temper, give No. 13; when the head feels as if empty and light, the patient unable to bear the light, feeling better in the fresh air, worse upon lying down, an oppressive pain when walking, and this happening to persons of an easy, mild temper, give No. 8. When the head trembles, the face being flushed, a blue circle around the eyes, the mouth dry, yet no thirst, nausea before eating, belching, nausea to fainting, a full stomach, difficult breath, becoming more troublesome in the open air, by talking, or drinking coffee; the patient being melancholy, and troubled with frightful dreams, give No. 41.

When the patient feels as if he were intoxicated, has a cadaverous appearance, heaviness in the forehead, hardly supportable; feels nausea, is feverish, feeble and vexed, give No. 13.

After a nightly debauch Nos. 8 or 13 will often answer upon the above indications; or No. 29. See "Affections from spirituous liquors".

**CONFINEMENT** and much study tire the mind;

whoever can avoid it, should do so — at any rate he ought to enjoy the fresh air daily at least for an hour. Should he become troubled with dyspepsy, or be accustomed to coffee and spirituous liquors, No. 13 taken in the evening will frequently afford relief, and after 4 or 5 days, should he get worse again, No. 18 W., every morning for 5 or 6 days. If required you may repeat this within a month. Should the head feel more affected, No. 13 will often prove the best remedy; — then No. 5, and sometimes No. 8; — see “Headache”. If all these remedies should prove useless, or headache be the consequence of every exertion of the mind, give No. 35 R. If the patient feels giddy as if intoxicated, No. 13 will help should he be of a sanguine disposition; — No. 8 if phlegmatic. Toothache, cough or other affections from too great mental exertion are relieved by No. 13, or the other remedies indicated under that head.

**EXCESS** of every kind injures both mind and body. In cases of intemperance in eating and drinking, look for the medicines recommended for “sick stomach”. But when the excess is of that kind where man wastes the very essence of his constitution, much relief may be obtained (provided the patient be strictly abstemious) by the following medicines:

The principal remedy to be given at first, and to be repeated after some time, is No. 17. At a later period, when the patient is ashamed of his vice, give

No. 10. Examine what is mentioned under the head of the complaints which affect the sufferer, choosing in preference among the medicines indicated Nos. 17, 10 and 11, 13, or 18 or 22; the one or the other, whichever may suit best.

This is also applicable, when the patient, having abandoned himself to unnatural vice, has wasted the very essence of his blood; give at first Nos. 17, 11 or 13; afterwards Nos. 10, 18 or 35. Exhort the wretched sufferer to change his life and guard against temptation, if not by hard labor, at least by constant occupation, moderation in eating and sleeping, avoiding the use of spirituous liquors, bad company, and the perusal of bad books; and should a sickly irritation accompany the suffering, as will often happen with young persons, give the following medicines: Nos. 17; 7, 29; 13, 8, 11; or 20, 21, 32; or 35, 41. Frequently, when Nos. 17 and 29 will not answer, No. 7 will;—but if not, No. 18 may. Between these remedies, all of which must not often be repeated, Nos. 1, 2, 3, 4 will frequently answer, according to circumstances.

When by such vicious habits a man has so enfeebled himself as to perceive the evil consequences even after he has married, and is moderate, should the head always feel affected afterwards, give No. 35 R. The same, if great weakness, trembling of the legs succeeds; if asthma No. 11; unnatural heat in the parts Nos. 7 or 29.

**LOSS OF FLUIDS** by much perspiration, purgatives, long continued diarrhoea, or with women loss of milk or running of other fluids, or from bleeding, or leeching — may occasion incurable disease, unless soon remedied by No. 17, to be repeated after some time, if required. However, in some cases it is necessary to give subsequently Nos. 11 or 18. Whenever from such causes, particularly inconsiderate bleeding (with children who have been leeches, imperceptible bleeding at night) result fainting or convulsions, give immediately No. 17, but nothing else; as soon as the patient recovers, and his mouth is very dry, or he moves his tongue, give him a little cold water; if he swoons or gets fits again, or does not quite recover, give him a teaspoonful of good old wine; after a while, if necessary, repeat No. 17 R., subsequently a little more wine. Then he may drink as much cold water as he pleases, only not too much at once. Should there still linger some pains which No. 17 does not remove, give No. 10; and if this proves insufficient, within a week No. 18.



## D.

### SURFEIT OF THE STOMACH.

When a person has eaten too much, or indigestible food, and complains in consequence, immediately or

after some time, let him drink some black coffee; should severe headache and nausea follow, yet no vomiting upon taking coffee, dip a very soft feather in oil and tickle his throat with it, till he vomits; if this will not produce vomiting, let him drink some lukewarm water. If still no vomiting takes place, and only vain exertion, and the patient feels very hot, particularly in his head, give No. 3; if he becomes cold, and has severe pain in the stomach, give No. 25 W., every 5 to 10 minutes; and if this (in severe cases) will effect no speedy cure, give No. 20 W. Should the patient not have vomited sufficiently, tickle his throat again with a feather, and give him warm water, till he has thrown up every thing. Cease as soon as you perceive bile, and give him a solution of sugar in cold water. If he still feels oppression in the stomach and nausea, let him take some black coffee; and should he not feel better the next morning, but still feel nausea, bad taste and smell, give No. 20; a bitter taste No. 12; foul No. 13; very offensive No. 15; sour No. 8; greasy No. 8; pungent and bitter No. 19. Should other complaints appear, look for them under the different heads. At all events the patient ought to eat nothing for some days but thin soup, that his stomach may recover its proper tension.

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Children are often made sick from being overfed, or eating things hard to be digested, such as mush, bread

not well baked; when their dress is too tight; have been rocked too much, or ill treated with purgatives (rhubarb, Epsom salts or castor oil). These noxious things ought to be avoided; give them to still their vomiting, several times No. 25, particularly when accompanied with diarrhœa; should this not effect a speedy cure, No. 8; if diarrhœa only, carrying off much indigested food, or if the child has been enfeebled by purgatives or continual looseness of the bowels, give No. 17; obstruction and vomiting No. 13.

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A sick stomach from fat meat, pork, pastry, or rancid butter, is cured by No. 8, and in cases where this will not avail, by No. 29.

A sick stomach from other food, heart burning with a taste of what has been eaten, with nausea, by No. 20.

A sick stomach from fruit No. 8, particularly cooling fruit, ice-cream, or swallowing ice, which children are apt to do, — is cured by No. 19. When the tongue is slimy, with a taste like straw, putrid and corrupt; yet no thirst, nausea after eating and drinking, worse in the evening, sour heart-burning or with a taste of things eaten, give No. 8; if the tongue is dry, with much thirst, frequent drinking, or salt taste, nausea when moving, heat in the stomach, anguish and oppression similar to a burn on a small spot, give No. 19.

In cases of tedious sickness from ice in summer,

with great weakness and little appetite; when the stomach will not retain what is eaten, but throws it up again, with a sour taste, the stomach hurting when touched, give No. 29.

A sick stomach from bad, sour wine, particularly with nausea, No. 20; from sulphurated wine No. 8; from sour beer or vinegar, No. 3, particularly when there is oppressive pain in the stomach, nausea, vomiting of mucus or blood; should there be sour vomiting, or burning in the throat, cutting pain in the bowels, and purging No. 16 R. If there be vomiting of food, burning in the stomach and bowels, criping with coldness, anguish and thirst, give No. 19; in great weakness and much sensibility in warm and cold, damp and dry weather, give No. 29.

When the stomach suffers from eating short fish or spoiled meat, give immediately some finely powdered charcoal mixed with brandy; should thereupon the pain continue, give No. 17; if there remain troublesome belching, corrupt taste, give No. 8.

For a sick stomach from salt meat No. 29; lingering illness from consuming too much salt No. 19.

In cases of sick stomach from old cheese, sausages, spoiled smoked meat &c., examine "Poisoning", giving the medicine there indicated as antidotes against "*Poisonous fat*".

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**HEADACHE** from a foul stomach, as if the whole

head were crushed, with nausea, is cured by No. 25; in cases of severe headache, with heat in the brain, being worse after eating, walking, or reading, with a bad taste, give No. 15; if the pain is beating, twitching, with much nausea, and worse when talking, give No. 3; sick headache in general, when the patient feels worse after going up stairs, smoking tobacco, has no appetite, but a bitter taste, belching, nausea, worse upon drinking wine, give No. 20; in cases of a burning, oppressive headache, increasing when the patient stoops, and feeling as if the forehead were going to burst, a beating or twitching pain in walking, worse in the morning, or with ague, give No. 12; in rheumatic headache, increasing at night upon lying down, or on one side, with a corrupt, earthy taste, without thirst, give No. 8; for heaviness in the head, painful on the outside, with trembling in the jaws, salt taste, cramp in the stomach, particularly in persons who have used much mercury, give No. 29. As to other descriptions look under "Headache".

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**CRAMP IN THE STOMACH** caused by a foul stomach, is often cured by the same medicine indicated under sick stomach; according to what may have been the cause of it. As to the other curatives, see "Cramp in the stomach".

**VAPORS**, which swell the stomach, render the breath asthmatic and troublesome, caused by flatulent



food, cabbage, sourcrout, fresh beer &c. — are often cured by No. 17, particularly when the abdomen feels hard and swelled, painful around the navel; when the patient after drinking feels feverish; or No. 13, when upon drinking he feels oppression in the pit of the breast, proving troublesome in breathing, when he feels as if he were too tightly dressed, as if something hard pressed his inside;—or No. 8, when the vapors originate from fat meat, causing a rumbling noise in the bowels and are worse in the evening.

COLIC from a foul stomach, or eating too much, if sudden, is often cured by taking some black coffee; if not, by No. 8 or some other remedy indicated under “Colic”.

DIARRHŒA from a foul stomach, is generally cured by No. 8; in children, accompanied with nausea and vomiting, by No. 25; in children, whose minds are too much excited and who cannot sleep, by No. 1; in bowel complaints acting upwards and causing nausea, and great weakness after every stool, by No. 13, and other medicines indicated under “Diarrhœa”.

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SLEEPLESSNESS after surfeiting the stomach, is often cured by No. 1, particularly in children, or No. 8 R. If partly occasioned by drinking strong coffee No. 13; when you have taken a hearty supper, drink a glass of cold water with loaf sugar; should this give you too much acid — simply water.

The NIGHTMARE from overloading the stomach cannot be prevented until the cause has ceased to operate, unless sugared water should afford relief. He who is subject to this complaint, should beware of eating too much, and have recourse to the medicine indicated under "Nightmare".

FEVER with ague and continual sick stomach, diarrhœa or dyspepsy, in persons of a sanguine temper, can be cured by No. 12; in those of a phlegmatic temper No. 34 R. If the fever is intermittent, returning every other day No. 20.

PIMPLES from a sick stomach, with ague and a quarrelsome temper, is often cured by No. 8; with nausea and asthma No. 25; if not No. 12. Should they originate from something unwholesome, see "Poisoning". As to other medicines, see "Eruptions".

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Every one should be able to drink milk and water, grown people a glass of beer, particularly when at work. If any one feels unwell from it, his stomach is out of order, or something ails him. In this case he may use the following medicine.

When upon drinking water his complaints increase, his head feeling giddy, with nausea and heat, take No. 41; in cases of headache and cough No. 3; if he coughs, vomits and feels feverish, take No. 19; if he feels nausea and stomachache, take No. 8, and should it not help, take No. 23. Nausea from

water drinking is sometimes cured by taking a little salt in the mouth, as much as will cover the point of a knife. When water drinking only occasions belching, take No. 4; if oppression on the stomach, take No. 36 R.; when it causes swelling of the abdomen, as if from vapors, with oppression in the pit of the breast, asthma and shivering, take No. 13; when occasioning an attack of dysentery No. 34; pain in the breast and shivering No. 6. — When drinking water gives toothache, take No. 12, or according to circumstances, Nos. 7 or 11; should it be only irritation without pain Nos. 7 or 18.

When a person from drinking water habitually catches cold, and, to obviate this, has accustomed himself to mix spirits with the water, yet is anxious to forsake this bad habit, he should try some of the remedies mentioned. If they will not answer, let him put one drop of sulphuric acid into a pint of water, and to mix it properly, pour it several times from one tumbler into another, and take a table spoonful of it in the morning early, repeating it after a while once or twice. This will warm the stomach again, and accustom it gradually to pure water.

Indisposition from ice-water, or cold water during a great heat, when sudden and dangerous, will be relieved by No. 2, afterwards No. 29; violent cutting pain which will not yield to these remedies, is cured by Nos. 12 or 19; affections of still longer duration

No. 12 and then No. 29; in convulsions and rising of the blood into the head No. 2 and then No. 5. See “Colds”.

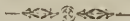
When simply a cold drink affects the stomach, Nos. 13 or 11 will usually afford relief; if not, No. 35.

When the affection of the stomach is consequent upon drinking hastily, give No. 24.

**MILK** every one should be able to drink, and it is a bad sign when drinking it causes indisposition. You ought to take something for it. If it only give a sour taste, take No. 13; if stomachache and diarrhœa No. 12; if nausea and vomiting, and the other medicine will not answer, give No. 18; if the nausea continues, give No. 35 R.

Whoever feels indisposition from drinking beer, had best avoid it, at all events he should abstain from strong beer, porter or ale, which are generally rendered unwholesome by noxious drugs. If the beer is good, and you cannot well do without it, should it rise into your head, take No. 23, in the morning; if this will afford no relief, afterwards, No. 5 once. Should the beer occasion vomiting No. 36; nausea No. 19; stomachache No. 28.

Whoever cannot bear brandy, may deem himself happy; let him abstain from it altogether — the best, the most salutary advice that can be given him.



## E.

### CONSEQUENCES OF SPIRITUOUS LIQUORS AND TOBACCO.

**INTOXICATION.** — The shameful state into which this abominable vice throws so many persons, needs no description; yet it will require some remedies to restore the sufferer to his senses. Every one knows that the best thing that can be done with a person who is intoxicated is to let him sleep as long as he will. Yet it may sometimes be necessary to restore him sooner, at least so as to remove him from the scene of his debauch.

The principal means is the outward application of cold water. If therefore such a person is lying in the road, throw water on him as cold as it can be procured; if this will afford no relief, throw water on him with force from a certain elevation by buckets full.

If he feels nausea, but cannot vomit, let him drink hot black coffee, as much as his stomach will bear.

When he is not so far lost, a cloth dipped in cold water, and wrapped wet around the stomach and certain parts, will afford relief.

If he is intoxicated from beer, give him green tea with milk; if from wine, let him eat a bitter almond (if a child, this must not be given); if from brandy, let him drink salt water, and should this not help, put some grated garlic into his mouth.

If the drunken man appears dark red in his face,

stares with his eyes, remains out of his mind, and the throwing cold water on him helps only for a while; when his face is convulsive, so that you cannot open his mouth, use nothing but cold water on the head and wet wrappers, and give him every quarter of an hour No. 2, until he feels better; and when this will no longer avail, according to circumstances, Nos. 3 or 5.

Children may sometimes be intoxicated by inconsiderate or worthless people, or become so accidentally from drinking brandy, wine &c.; wash them on the head and stomach with cold water, and let them take every quarter of an hour a teaspoonful of hot water, prepared by pouring one pint on a bitter almond. Should this not bring them into a sound sleep, give No. 13. If while asleep their faces are red and they snore, their heads feeling hot, give No. 2. If they are merry, and too much excited, so as to be unable to sleep, give No. 1. If they fall into a hot fever, give No. 3, and should this not afford relief within two hours, give No. 5 W. If they fall into fits, give first No. 2 R.; if it will not help No. 13 R., if this will not help, then No. 14.

Lying-in-women, either through ignorance, or bad habits, or advice of bad midwives, sometimes drink spirituous liquors, in order to obtain sleep for themselves and their infants. This is a bad and abominable practice, endangering the lives of both mother and child, and which, should they escape, may be the cause

of the child becoming addicted to drink when grown up. Apply to mother and child the medicine aforementioned.

Exclusive of confirmed drunkards, there are those who occasionally suffer themselves to be misled into intemperance, although they afterwards feel sorry for it. Such we advise to take one globule of No. 13, put it into a tumbler full of water, stir it well, and drink it before going to bed; they will then use the next morning the medicine recommended against the consequences of intemperance.

There are, however, many who have accustomed themselves to this vice from vexation, grief and sorrow. Their own conscience will tell them to what abominable means they have had recourse, and we earnestly exhort them to touch not, — taste not again under any pretext whatever, but compel themselves to drink cold water every day, until their stomach gets quite enfeebled from its use, and to use the remedies recommended against the evil consequences from drinking. Subsequently they may also have recourse to those means recommended against grief and sorrow. After having thus become men again, let them in fervid prayer implore Him who will support them in every tribulation, and who hath promised that He will give rest unto every one who calls upon Him zealously, earnestly and without ceasing.

But there are drunkards who are led into intemper-

ance by a morbid state of their physical system. They deserve our compassion, yet they cannot exculpate themselves; for this morbid system will mislead one into strife, another into laziness, a third into debauch; but it is no excuse for either, else every one might find a ready excuse for his favorite vice, imagining that he may wash off his lewdness in a sink. When the wrathful man does not bridle his anger, the lascivious his lewdness, nor the intemperate his inclination to strong drink, their morbid sensibilities will increase. No, they ought to pursue a course directly opposite. He who is given to anger, should constrain himself to submit even to unmerited abuse; the voluptuary should avoid all vicious thoughts and inclinations; he who is lazy should work until he gets quite exhausted, and he of intemperate habits must not even smell brandy, wine or strong beer, were he almost dying of thirst.

Let every one think:—God hath permitted this morbid state of my system, not that I should resign myself to sin, but that I may prove my strength in withstanding the temptation. And he who thus conquers, will be doubly strong to do good, and the blessing of Heaven will be upon him.

To him, who hath so fortified his mind, we advise to use the following means, which will contribute to subdue the morbidness under which he lingers:

Take No. 18 W. every morning for seven days,



and then No. 30 W. for another seven days. Should his morbid state after improving get worse again, take in the evening No. 13 R., and should it again return, after 2 or 3 days, No. 18 R., then after 6 or 7 days No. 30, repeating these three means in the same series. If this will not cure, take No. 19, and if in vain after having first proved effective, one day No. 13 R., the fourth day No. 19 R., and then No. 30 every day one globule.

This, indeed, will effect a cure in many cases, yet there may be instances in which it will not. Put then a drop of sulphuric acid in a tumbler with water, stir it well, and drink it in the morning. Repeat this every two or three days, till it occasions uneasiness. Against this smell camphor. Should this avail nothing, and you are determined to effect a cure, apply to a Homœopathic physician, who will produce the desired result.

When a man has become an habitual drunkard, and no admonition can induce him to abstain from his vice, we would advise his unfortunate wife, his children, or brothers, or friends, to administer to him the following remedy in a secret manner.

Put a live eel into a bucket or narrow tub, pour wine over it and let it die. Draw this wine in bottles, and give it to the drunkard, and let him drink as much as he will. You may proceed in the same manner with brandy, which, however, ought to stand for a short time before being put into decanters.

Should this prove abortive, try sulphuric acid. Mix it with plenty of water, so as to taste only a little sour, and give it to the drunkard in whatever he eats and drinks; put some into his coffee, his tea, his soup, his victuals (even if others should partake thereof), and particularly on sour meat or sauce, or lemonade. When it affects the stomach, give him tea of bitter herbs, oranges, or roots, continuing at the same time with the sulphurated water, until the mouth gets sore; then cease. If no bad effects ensue, give nothing for this; but should diarrhoea, weakness of the stomach, vomiting or giddiness be the consequence, give No. 8; if the mouth becomes ulcerated, give No. 7. The consequences will not be dangerous, and readily relieved.

#### CONSEQUENCES OF SPIRITUOUS LIQUORS.

After a convivial meeting, where a person is apt to drink more than he should, or sometimes even after a few glasses of wine, a person feels unwell in the morning, a heaviness in the head, his appearance pale and cadaverous, his eyes cannot bear the light; his mouth is dry and sore, he feels nausea, pain in the pit of the breast, hoarseness, heat in the hands, lassitude in all his limbs, weak, sleepy and feverish; vexed and angry; sometimes with bleeding at the nose, or cramp in the stomach &c. — take No. 29 R., or No. 13 R.

When the headache is violent, with pressure over the eyes, and somewhat better in the fresh air, take

No. 29; when it feels worse on one side, when walking, and at every motion;—in the fresh air, when thinking or stooping, take No. 13; nausea only No. 29; with inclination and useless exertion to vomit No. 13; the stool thin and pale No. 29; none at all, or vain inclination towards it, or diarrhoea No. 13; much giddiness, red eyes, with suppuration in the corners, aversion to light, and dry cough, take No. 13.

If after smelling No. 29 no immediate amendment takes place, smell camphor. If the headache after No. 13 in some hours should not abate, take No. 1. If the nausea after these remedies will not cease, and the stomach is much affected, take No. 20.

In complaints resulting from excess in the use of wine or spirituous liquors, for instance a long continued sick headache, heaviness in the head, cramp, and weakness of the stomach, indigestion, piles, pain of the back bone, pimples, an itching over the whole body, No. 13 will generally afford relief. It should be taken at night, and the patient must abstain during the cure from coffee, wine and spirituous liquors. Subsequently, if necessary, let him take No. 29 in the morning.

In cases of tedious headache originating from excess in drinking, and increasing upon taking ardent spirits, also headache from mental exertion, speaking, stooping, and in general, when the patient is affected by reading and writing, let him smell No. 35, if he is

corpulent, or No. 21, if he is of a spare habit, but do not repeat it unless the patient gets worse.

Little, or no medical aid will avail in that terrible disorder, *mania a potu*, when the intemperate man becomes deranged from excess, and suffers under frightful convulsions; — nevertheless, instead of maltreating him with an abundance of torturing, debilitating medicine, give him No. 2 every hour, and should he not recover within 24 hours, give No. 13, and upon the return of his fits No. 2. Cold water used at the same time, will often be of service. Should these means prove ineffectual, blood letting from 5 to 6 ounces is frequently of great service, at first daily, then every other day; let the patient at the same time drink plenty of cold water, or whey, or butter-milk, or water with toasted bread, eating little or nothing.

Should the case become tedious, give for 3 or 4 days No. 13, in the morning No. 18 W. for some days; subsequently if required, give again No. 2 after the fits; — then No. 13, and thereupon No. 18 again. Should the patient improve, and again feel a desire for spirituous liquors, let him drink acids, and use tobacco freely, either in smoking, chewing, or snuffing. In some cases, when No. 2 and No. 13 will afford no relief, it will be well to administer a weak solution of oats. Pour 2 pints of boiling water upon a handful of oats, and let the patient drink it warm or cold, with or without sugar and milk.

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**EFFECTS OF COFFEE DRINKING.** When you are not accustomed to coffee, or drink too much of it, or too strong, you may suffer unpleasant consequences which you may remove by the following means.

In want of sleep, heart beating, great irritability of the nerves, severe cramp in the stomach, No. 13 will generally prove sufficient.

In cases of severe headache, when the head feels as if it were riven asunder, Nos. 4 or 13 will help. Should the patient feel better when stooping, or be of an undetermined, inconstant disposition, give No. 4; should he feel worse when stooping, or walking, with much giddiness, and be of a sanguine temper, give No. 13.

A severe headache on one side is usually cured by No. 13; with much weeping and crying, and great irritability No. 14.

Toothache immediately after coffee drinking, can in most cases be relieved by No. 14.

Tedious complaints from excessive use of coffee can be cured by the same means. No. 13 is always the principal remedy; if it should not suffice, take sometimes No. 1, and, if necessary, No. 13 again.

Frequent toothache from coffee drinking, if violent, generally No. 14; when almost insufferable No. 1, and afterwards No. 14; often also No. 13; seldom any other medicine: Nos. 41; 5, 7, 29, 8 or 23.

Violent cramp in the stomach, getting worse upon

drinking coffee, Nos. 13 or 41; if thereby removed for a while, yet returning worse: No. 14.

Stomachache and colic Nos. 14 or 13; often also Nos. 28 or 5.

If after abstaining from coffee, these tedious complaints from the use of it cannot be removed by the medicine Nos. 13, 14, and others indicated, No. 41 R. will frequently cure, when every exertion is followed by debilitating perspiration, trembling, frightful dreams, a flushing heat, frequent toothache when eating, lightness in the head, melancholy and anguish; particularly, when all these complaints get worse in the fresh air, or by moving, eating, drinking, sleeping, or even smoking tobacco:

No. 4 will cure in cases of debility, a feeling of emptiness in the pit of the breast, cramp in the bowels, numbness or pain of the limbs, usually oppressive as if occasioned from sharp, pointed, hard objects; the complaint urging the patient to a frequent change of position, and giving way thereto; the mind inconstant, now merry, then melancholy.

In cases where these means will not avail in a few days, and after having been repeated once or twice, give No. 7; should this not cure within 7 days, No. 18.

In complaints from **TEA DRINKING**, particularly green tea, take No. 1, and if ineffective within half an hour, No. 17; in tedious complaints from the

immoderate use of tea No. 17 is usually the best remedy; — subsequently No. 36.

Indisposition from **SMOKING TOBACCO** in people not accustomed to it, is usually soon cured by No. 8; violent headache with nausea No. 3; giddiness to fainting, vomiting bile and diarrhoea No. 14, and should this fail to cure, or the patient suffer from ague, No. 6; if this will not answer, let him smell camphor. Violent convulsions connected with the preceding indisposition, may be relieved by No. 42. Look for other antidotes against poison.

If a person accustomed to smoking, becomes indisposed, No. 41 usually will cure him; if he suffers from toothache, No. 12 will help; if nausea Nos. 4 or 8; if uneasiness and nausea No. 11; this is also applicable to indisposition from chewing, yet Nos. 13, 14, 8 or 41 are preferable. Sometimes give No. 42.

Tedious consequences from immoderate smoking are difficult to cure; if too great irritability and weakness of the stomach, Nos. 13 or 41 will usually answer; in cases of indigestion give Nos. 13, 11, 7.

The disease to which those who manufacture tobacco are subject, is still more difficult to cure, nay impossible, unless they are altogether removed from the smell of it. The best medicines are Nos. 19, 28 and 42 in water.



## F.

### CONSEQUENCES OF MEDICINES HITHERTO IN VOGUE.

When suddenly dangerous symptoms appear, after a pretended medicine, of whatever name, has been given, the sick person so tortured has been poisoned; examine therefore under the head of "Poisoning". For there is no poison in the world that has not been recommended in the old system as beneficial, and tried upon the sick. And still worse are those who hypocritically presume to cure all diseases by herbs; for vegetable poison is far more deleterious than mineral, such as mercury &c., as every rational physician, and every one versed in natural philosophy well knows. Thus animal poison, for instance that of venomous serpents and toads, is again worse than vegetable; and it is usually deception, whatever is said in praise of pretended innoxious vegetable medicines.

There are, indeed, many herbs which have no dangerous consequences, as well as medicines that do not perceptibly injure; yet even these ought not to be administered without due consideration, nor in large quantities for a long time.

For it is certain that if you give the proper medicine, you will require but very little; but if you give an improper one, the larger the dose that is given, the more deleterious it will prove. Thus every medicine may have the effect of poison. In Germany more children



die from the effects of chamomile than of scarlet fever, and more people die of Peruvian bark than of fever and ague. But formerly the cause of their death was unknown, and the thing was called by a different name. Of a hundred persons who died of dropsy, eighty were thrown into it by quackery, or inconsiderate medical advice. Ask only how often such persons have been bled, or what drugs they were made to swallow: mercury, bark or quinine, cathartics, sulphur or saltpetre, laudanum or other narcotics; and you will soon perceive the cause of the dropsy.

Should any one, under an impression of acting properly, have taken such noxious trash, or given it to his children, upon the recommendation of an ignorant physician or apothecary, he may often save himself by observing the following direction.

Chamomile tea frequently occasions severe pain, or increases that under which the patient labored; in this case give No. 1, and subsequently, if required, No. 13; for cramp in the stomach give No. 13; for nausea, vomiting and diarrhoea No. 8; to children thrown into fits thereby, give No. 4; if it brought on a hot fever with great irritability No. 1; fever, heat and excruciating pain, but less when in motion, give No. 3.

Opium or laudanum often produce dangerous consequences, particularly when an ignorant physician has applied it in injections, where it operates ten times

stronger; look under "Poison". Not much can be done to relieve the tedious effects of laudanum which every one who has used it, must feel sooner or later. The best remedy, however, is No. 1 from time to time, and sometimes No. 7, which ought to operate a whole week or longer; sometimes also Nos. 13 or 5.

Peruvian bark, or sulphate of quinine, is a medicine which, next to opium and mercury, most frequently ruins health, and occasions incurable disease. And should a person escape death, yet the effects of bark will trouble him for years. It is more difficult to expel Peruvian bark from the system than mercury; and he who pretends that this can be done by cathartics, is utterly ignorant of physic. It pervades the blood and all the fluids, and cannot be expelled by any cathartic; by which, on the contrary, still more fluids are lost. To relieve the patient from its consequences, will therefore require patience, and may gradually be accomplished by the following means. The principal in most cases is No. 25, once or twice every day, until an improvement takes place. In cases of lumbago, rheumatism, pain and great irritability in every part of the body, the pain increasing when the sufferer is talking, in motion or hears any loud noise, give No. 15; when the body is cold, with cold sweat, indigestion or diarrhœa, give No. 6; in consumptive cough let the patient drink an infusion of Iceland moss; in jaundice give No. 7, and perhaps afterwards No. 5; in heat

in the face, rising of the blood into the head, headache, toothache, give No. 5; pain in the ears No. 8; swelling of the feet No. 36; ulcers in the leg, dropsy, hectic cough, and asthma No. 19. For other afflictions, examine and make choice of besides the medicines mentioned: Nos. 18, 35, 29, 27.

When an intermittent fever has thereby been rendered worse, being combined with other evils, worse than the fever itself; or the fever remains and its cure is now more difficult than before, give the following medicines:

Has the fever been suppressed, and the patient suffers from rheumatic pains in his limbs, ears, toothache, headache, give No. 8, and should this not help No. 35; in affections of the stomach give Nos. 25 or 8; in swellings Nos. 15, or 19, or 36; choose among the medicine enumerated below, according to circumstances: Nos. 5, 6, 7, 8; 15, 18, 19, 25, 27, 29.

If the intermittent fever continues, as it often does, give one of the medicines recommended against it, the best at first is generally No. 25; frequently afterwards Nos. 19 or 29; only sometimes Nos. 27, 6, 15; more seldom Nos. 5, 7; or 18, 35.

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When a sick person has been so unfortunate as to have taken, by prescription of his physician, the following vegetable substances: conium or cicuta,

digitalis, laurocerasus, or hydrocyanic acid, it is almost impossible to restore his health, unless nature should help herself, the patient enjoying fresh air, living well and drinking much water.

Sick people also are in a critical state who have taken much *asa foetida*, or *valeriana*, which enters into the composition of the notorious Morrison pills. The bad effects of *asa foetida* are sometimes relieved by Nos. 17 or 7; those of *valeriana* by Nos. 1, 13, 14, or 18; those of *colchicum* by Nos. 8 or 13; of *senega* by Nos. 5, 12, or 15; of *sarsaparilla* by Nos. 7 or 5.

When a person suffers from an application of spurge-laurel (*mezereum*), used to raise blisters, or he has applied this often and now suffers from it, let him smell camphor, and subsequently, if he feels pain in the mouth or his bones, take No. 7; if more in the joints, Nos. 12 or 23.

When accidents occur after an application of Spanish flies, let him frequently smell camphor, and should this not help, take Nos. 3 or 8.

When a child upon the application of yellow powder (*lycopodium*) is getting worse, as will frequently happen, let it smell camphor, and then give No. 8; if it suffers from long continued obstruction No. 13; convulsions No. 14; fever and heat No. 3.

When children have taken much rhubarb, and suffer from vapors or diarrhœa, give No. 13; if they vomit

at night and have diarrhœa No. 8; if their stool is green, or bloody No. 7; violent stomachache connected therewith No. 14; and should this not abate No. 28 R.

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If a person suffers from having taken *magnesia*, particularly burnt magnesia, let him smell sweet spirits of nitre; if he is deprived of sleep, give No. 1; if he has severe stomachache, give No. 14, and if the symptoms get worse and he has no stool, No. 28 R.; if after 24 hours he has yet no stool No. 13; should he have violent, burning pain, and fever, give No. 19; if magnesia occasioned a thin, sour stool, with pain in the bowels, give No. 9, and should this not avail No. 8. These medicines will also prove effective in similar complaints from Epsom salts.

SULPHUR is often as bad as Mercury, and the troublesome, tedious effects of it are as difficult to remove. If you feel unwell after using it, smell camphor; if this will not afford you relief, or if you suffer severe headache, and heat, take No. 3. Subsequently, or when the effects last longer, Nos. 7 or 8, according to circumstances, will answer better. In complaints from inhaling sulphuric vapors, or when children from lighting matches get a cough, asthma, or pain in the throat and on the breast, give No. 8.

MERCURY is in all diseases the principal remedy

of those pretenders to physic, who, instead of restoring, destroy health. They administer it as calomel in powders, or dissolved as corrosive sublimate, or in pills — those abominable *blue pills*. That no one may be deceived, at least not by a Physician's recipe, I will mention the names under which physicians usually prescribe this poison. In order to conceal it from their patients, and the names mercury, calomel, sublimate, or corrosive sublimate being too well known, they write *urias* first, then *hydrargyrum* instead of mercury, or use the sign  $\text{☿}$ , also *precipitate, albus* or *ruber*; however, under all these various denominations they designate the same deadly foe, against which you have to guard. Mercury is as noxious applied outwardly, as taken inwardly. They cheat people by telling them that mercury can be expelled by a cathartic taken afterwards. If a man who pretends to be a Physician talks such nonsense, he displays the grossest ignorance imaginable. For supposing it were possible to extract mercury as readily as it is to introduce it into the system, still the impression made upon the whole body would remain, just as if you were to drive a nail into the leg, and draw it out again, the hole it made would remain. And although this wound will heal in time and by proper application, still it will require time and attention, else the consequences will be dangerous. Yet to administer a cathartic in order to remove the bad effects of mercury, is just as rational as if I were

to put a wooden peg into a wound made by an iron nail, and then say it is healed.

However prepared, mercury cannot be extracted so easily, and least of all by purgative evacuations. It pervades the whole body, penetrates all the fluids, the glands, and the very bones. This has been demonstrated by frequent trials, for instance, in distilling quicksilver from the remains of a burned leg that had been severed from the body of a dead man, who when alive had been in the habit of using much mercury, and frequent cathartics afterwards, and who after suffering, in consequence, excruciating pains in all his limbs and bones, had died a miserable death. Another instance is well known of a person who had taken many blue pills, and who had been rubbed with mercurial ointment; — after his demise his body was opened, and quicksilver was found on the brain-pan.

This is the reason why the slow poisoning by mercurial medicines is far more difficult to cure than any natural disease: it will always require much time, and often nothing more can be effected other than simply appeasing the misery.

In most cases, as well immediately after taking calomel, as at a remote period, No. 16 will be of great service; particularly in the following complaints: sick headache at night; losing the hair; painful knots on the head; red, inflamed eyes, with a painful sensation in the nose when touching it; eruptions around the

mouth; much saliva in the mouth, and ulcerated gums; mucus in the throat, swollen glands in the neck; pain in swallowing, cough, asthma, inflamed, suppurating biles under the arm-pit, or small ones on the breast, a slimy and hard stool, sometimes bloody and green; the urine dark red, hot and sharp; cough, whenever a hand, or a foot happens to get cold, or upon drinking, sometimes with spitting of blood; a red, hot swelling on the hand and fingers, on the knee, like rheumatism; the whole skin sickly, slight injuries difficult to heal, sores ulcerating and spreading; the skin on the hands and feet crisp and cracking; sores, easily bleeding, and burning at night and feeling very painful; a frosty feeling in the fresh air; pain in the limbs, and ague at night; fever at night, followed by a clammy, disagreeable perspiration; great irritability, so as to cause fainting from pain.

You will do well to wait some days for the effect of No. 16; should a slow amendment take place, wait at least two weeks; then, should it not continue, repeat the medicine; if the amendment did not last, and it becomes necessary to give something, No. 5 will answer best; this you may also give when No. 16 ceases to operate, after having been given twice or thrice every two weeks.

In affections of the mouth or throat, when the above medicines will no longer help, give No. 11; also in swelling of the glands, and deafness.



In great irritability at a change of the weather, severe pains at night, increasing upon being touched, great weakness, when the patient has been debilitated by cathartics, or long continued salivation, give No. 17; and when this has been twice or three times repeated every 4 or 5 days, without benefit, and particularly, if the patient is affected by the weather, give No. 29.

Should the pains still continue after some of these means, with rheumatism in the bones, or rheumatic swelling, give No. 22, and then No. 10; in swellings on the bones No. 10 and subsequently No. 11; but when neither will avail, No. 35 R.

After you have used these medicines a long time, and the complaint is not completely removed, try No. 18 once, and after some time again use the preceding remedies; or, should No. 18 be of good service for several weeks, No. 35 R., and then another suitable medicine.

When the patient, after having used much mercury, had recourse to sulphur, you had best give him No. 7, and then Nos. 5 or 8, but not No. 16.

In this case only No. 7 will answer, but in no other complaint from mercury.

When a person has taken much mercury, but no sulphur upon it, No. 16 as above described will not answer, but give No. 18.

In tedious sufferings, resulting from, or rendered worse by mercury, choose in general one among the

following remedies: Nos. 16, 5; 17, 10; 29, 22, 11. In many cases, requiring speedy help, Nos. 2, 8 or such medicines are applicable, as are mentioned under "Poisoning"; seldom give Nos. 19, 36, 23, 21.

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When LEAD is a component part of the medicine, and it enters into the composition of white ointment and plasters, applied to eruptions and sores, to dry or disperse them, and of lead-water for eruptions, ulcers, bruises, wounds and burns, these outwardly applied, will prove as poisonous as when taken inwardly, causing obstructions, cough, and affections of the breast; in such case give No. 2 often repeated, and afterwards No. 5, and should it be necessary, after No. 5 give No. 32 R.

When there was ARSENIC in the medicine, which is given in fever and ague, when quinine powders will not answer, or in cases of cancer, internally and externally, and the patient, as usual, gets worse, give No. 25 in repeated doses every hour, or every two hours, as often as he gets worse; and should no amelioration take place, give No. 13 once; if both medicines will not avail, or when from circumstances it may appear suitable, give Nos. 6 or 17.

IRON is often administered in the shape of steel-pills, steel-drops &c. as a remedy (but generally rendering the case worse), in intermittent fevers, complaints of the breast; to females irregular in their

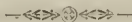
monthly courses, and frequently to persons of a pale complexion and feeble constitution; as if the doctors attempted to paint the patient red on the inside, to make him look better on the outside; or as if they supposed the iron would pervade his system and give him strength. Yet iron, like all other metals, is poisonous, although it does not kill so soon, as you may perceive where the wells are in layers of iron ore, and contain rust; yet neither man nor beast can thrive with such water, and although people may accustom themselves to it, still sooner or later they will feel the evil consequences. In such cases, when speedy relief is required, give Nos. 8 or 17; and should it prove inefficient, No. 16, and after some time again the preceding remedies.

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In all cases of poisoning by medicine, examine under the head of the several complaints, and give the medicine there mentioned in preference.

He who has taken many and various medicines, but got worse and worse thereby, will do well to abstain as much as possible from all, of whatever name they may be. If after some time he does not improve, and the means here indicated do not afford him that relief he expects, let him apply to an Homœopathic physician, without, however, imagining that through him he can be cured as by a miracle. It is in general very difficult to neutralize the bad effects of former medicines.

This may sometimes require a whole year, and then only a rapid and lasting improvement can take place; provided the patient does not labor under an incurable disease, against which neither the old system nor the new can prevail.



## G.

### OF POISONING.

It is but seldom that one person administers poison to another with a view to cause death; and it happens as seldom that a man takes poison to destroy himself; poisoning generally results from carelessness in handling noxious substances, ignorance of their properties, or thoughtlessly using them in the preparation of eatables and liquors. As every one is interested in being able to point out poisons that may endanger life, we intend to give some directions how to trace improper mixtures of the kind, how to guard against poisoning, and then to indicate certain means to be used as antidotes in case an accident should occur.

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*Adulteration of food and liquors* is more frequent than people are aware, particularly in large towns, and originates principally with the English, who have made the greatest progress in this method of poisoning, and have even taken out patents for it; — others have learned this art of them,

WINE is very often adulterated, and here more than elsewhere. Wines imported into this country, have either been already adulterated abroad, to make them keep, or they are adulterated here, when they are likely to spoil, or to make them resemble finer wines. But we will give some directions for discovering whether wine has been adulterated to enable those who are interested to judge with more certainty. We request every one who feels concerned for the welfare of his fellow men to make known the poisonous adulterations he may discover, in order to discountenance such mischief as far as possible. The vender will no doubt endeavor to exculpate himself, alleging that he bought the wine thus adulterated; yet the poison is there, and it is but just that people should know how to guard against it.

Wines may be adulterated by both noxious and innoxious substances, and whoever adulterates wine with the former, may do it also with the latter, and for this reason we will give some directions how to trace innoxious adulterations. To improve light wines by an admixture of finer qualities cannot be called adulteration, and may be done without any detriment to health.

There is WATER contained in the wine, when a little of it put into boiling water, cracks; when small drops adhere to a reed oiled and dipt into the wine; when unslaeked lime slacks therein,

There is SUGAR in the wine, when you cause a spoonful of it to evaporate over a coal fire, and there remains a sweet sticky substance, similar to burnt molasses.

There is BRANDY in it, when the wine burns in the mouth, and a smell of spirits remains, when rubbing a little of it on your hands until it is dried up.

Wine is frequently COLORED, which always proves that it is bad, and usually also adulterated. Fill a small vial with the wine, put a finger over the mouth and place it in a tumbler full of clean water, with the mouth of the vial downwards; withdraw the finger slowly, and leave the vial so for a while without shaking it. If there is coloring matter in the wine, it will gradually be drawn out into the water, but the wine will not. Strain the same wine through blotting paper, it will leave the color on the paper. Drop some spirits of sal ammoniac into a glass of wine; it will turn blue, if it has been colored. Green vitriol, dissolved in water, and mixed with the wine, will leave much black sediment, if the wine has been adulterated by bark.

All such adulterations cannot do much harm; they prove, however, that he who connives at them does not sell pure wine. We are now going to mention some adulterations which operate as a slow poison, and may be the cause of many diseases.

LIME or CHALK is often used to restore wine that has become spoiled, or to give to new wine the appear-

ance and taste of old; however, the wine is thereby rendered injurious to all who drink it. Take a few grains of salts of white sorrel and dissolve them in two tablespoonfuls of distilled water, or in water produced by letting the steam from the spout of a teapot filled with boiling water, precipitate in a cold vessel. This salt, itself a poison, you drop into a glass of wine. If you perceive a whitish cloud in it, and the next day a white sediment, there is chalk in the wine. Such wine often drank will occasion gravel, hard glands, swellings, ulcers, sore eyes, tedious headache, diarrhoea &c.

SULPHUR or BRIMSTONE is frequently in wines, and there are those who pretend that wine cannot keep without it. This, however, is erroneous, and too much sulphur in wine acts as a poison, particularly with people of consumptive habits, or who are subject to bowel or liver complaints. It is in fact hurtful to every one who drinks it. You can easily discover adulteration by sulphur, by putting a clean new-laid egg into a tumbler, and filling it with wine, let it stand over night, and the egg will be found blackened. This will also happen to a well polished silver spoon. The sulphur will also appear when dropping a solution of lapis infernalis into the wine, which will leave a brown sediment.

ALUM is sometimes in wine, and very injurious when drank often; a single glass will hurt a sick person.

Dissolve pot-ash in water, strain it through blotting paper, and drop it into the wine; if it foams and precipitates a white powder, there is alum in the wine.

LEAD, or other metal, is very often in sweet wines, sometimes also in others, and is indeed a slow poison, worse than any other adulteration. Whoever has a nice taste will perceive metallic poison in wine, its sweetness is disagreeable. Dilute liver of lime sulphur in water, and drop some of it into a glass of wine; if it turns brown or black it contains metallic poison. Suspend a bit of spelter in the wine, particles of lead will adhere to it, if contained in the wine. Dissolve Glauber salts in lukewarm water till it becomes saturated, let it cool, and drop from what is clear of it into a tumbler filled half with wine as much as will fill the tumbler; — permit it to stand over night, and there will remain a white sediment from the lead. If you put into a glass of wine a few drops of diluted sulphuric acid, and the wine becomes turbid, leaving a white sediment, it contains poison.

If you put a few drops of spirits of sal ammoniac into a teaspoonful of water, and throw this into a glass of wine and it happens to leave the least sediment, the wine contains corrosive sublimate. Try this same wine also thus: Put a gold coin on a piece of spelter, and press both between a small stick slit for the purpose. Throw this into a large tumbler full of wine.



Should a grey dust immediately appear on the coin, there is corrosive sublimate in the wine.

When you dissolve lime in water till the latter becomes saturated, pour off what is clear of it into a clean tumbler, drop some wine into it, and if the wine occasions white clouds, it proves that arsenic is contained in the wine. To convince yourself still more, dissolve sugar of lead in aqua fortis, pour a wine glass full of this solution into a bottle of wine, and stir it. The next day pour off what is clear, and with the turbid part wash the sediment well out, and strain it through blotting paper till every drop of the liquid has passed through. Then let the sediment dry with the paper, and put it upon live coals. If it smells like garlic, it is arsenic.

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VINEGAR is often adulterated, for this reason use cider vinegar, which may always be had pure. Wine-vinegar contains poison as often as wine. There is frequently sulphuric acid in it. This you can discover by a solution of sugar of lead which leaves a white sediment. Corroding vegetable poison is also frequently used. Such vinegar will burn on the lips, which pure vinegar will not do; it leaves also an acrid taste in the mouth. You can ascertain it still more positively by dropping a solution of pot-ash into the vinegar until blue paper dipt in no longer turns red. Pure vinegar will then have lost its sharpness altogether, and only

taste salt or soapy, while poisonous trash will remain of a sharp and acrid taste.

BEER is frequently adulterated, yet its effects are not so easily discovered. This is generally the case with the far famed London brown stout, or porter, into the composition of which those poisonous grains of *cocculus Indicus* enter, which probably are also used in the imitations of it made here. You perceive it in a sudden intoxication, and headache the next morning, or when a healthy person drinking a tumbler full of it on an empty stomach feels nausea. Any brewer who uses other substances in his beer than malt and hops, brews poison; salt and sugar may pass, but the effects of other substances, those who drink it will feel sooner or later. It is a vile deception to use bitter roots and herbs in beer, instead of sufficient hops and malt; yet *cocculus Indicus* is as bad as arsenic. They are apt to use alum and vitriol in beer; which can be discovered as we shall show in the sequel under "Bread".

Sometimes there is poison also in BRANDY, with or without the fault of the distiller, particularly if the fermentation proceeds too rapidly or is continued too long. This you will perceive when boiling the brandy over a slow fire, and to go sure, it should be in a bottle put in a kettle full of water, till all the spirituous parts are evaporated. An acrid, disagreeable taste proves the existence of poison, and trials similar to those

recommended in regard to wines will show what it is. It is usually lead.

**SWEET OIL** is often adulterated with lead or copper. Dissolve liver of sulphur in water, and mix the oil with equal parts of such solution; if it turns brown or black, it is poisonous.

**MILK** is sometimes mixed with pot-ashes or lime; by putting some aqua fortis into it, it will foam. When milk has been adulterated by starch, it will thicken in boiling, or if you strain it through fine linen, something will adhere to it.

**BUTTER** often contains chalk, sand or dye-stuffs. Melt it in hot water, and the addition will precipitate or mix with the water.

**FLOUR** is often adulterated with sand, plaster &c. Burn some of the flour, or bread to ashes, and you will find in the ashes the white grains.

**BREAD** is very often adulterated. A trifling admixture of pot-ashes can only affect nervous, debilitated persons; yet when there is too much, it may prove injurious to the strongest, occasioning consumption and dyspepsia. Pour hot water over the bread till it is quite covered, and let it get cold. Then put in a strip of blue paper, previously drawn through weak vinegar and reddened thereby. If it turns blue again, there is much pot-ashes in it — the quicker it changes the more pot-ashes in the bread.

**MAGNESIA** is also used as a mixture, to give to

bread baked of bad flour the appearance of good. This is principally hurtful to children, and to people of a weak stomach. You may perceive it in the bitter taste. Burn a pound of such bread to ashes, and you will find the magnesia.

ALUM, a very pernicious substance, is very frequently used. In England the bakers make no secret of it, and mixtures of flour and alun, or alun and salt are sold publicly, and are intended to make white bread from spoiled flour, doubly detrimental to those who eat it, as spoiled flour in itself is already unwholesome. Some bakers do it without knowing that they injure the health of their customers. Soak the bread in water, knead it till it dissolves, adding enough water to make it thin, let it remain over night, then strain it, boil it down, and let it stand; the crystals of alun will adhere, and you can taste it.

COPPER is the worst of all adulterations, and thousands had been poisoned with it by the bakers in France and Belgium, before the physicians discovered the cheat; but they were punished by imprisonment. You have reason to suspect when a baker furnishes bread uncommonly white, fine, large and heavy. When burning such bread, you will perceive that the flame now and then burns green. To convince yourself perfectly, soak some pounds of bread in water, and add enough to cover the whole completely, let it get sour and stand until it becomes clear. If you now suspend

a rod of polished iron in it, and this turns ever so little red, you may be sure that the bread is poisonous, and will ruin the health of any one who often eats of it.

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We are now going briefly to call the attention of our readers to some other poisons, which ought to be known that they may be guarded against.

We are apt to inhale poison through the AIR. Old wells, caves, cellars, vaults, and particularly old privies, contain frequently air that is deadly poisonous; we should therefore not enter such places without proper caution, and previously purify the air by lighted straw, gunpowder or brimstone. The glare of charcoal in a close room, or the phosphoric glare of the woodwork in ancient buildings may occasion the death of people who sleep there. The dry rot in a house, which gradually destroys the timber and walls, will cause dangerous diseases to its inhabitants, which was even known to Moses. Such a building is not tenatable and ought to be pulled down, unless the dry rot can be removed, as indicated below. Mouldy garments and mouldy spots in linen, even after it has been washed, are noxious. The smell of walls newly whitewashed, of paint in new buildings, or wherever much painting and varnishing has been done, particularly with poisonous green and red colors, consumes the pure and engenders a mephitic air. Nothing that has a strong smell ought to be suffered in sleeping rooms; no clothes to

dry, no flowers, herbs, fermenting substances, fresh hay, poison against vermin, or quicksilver, all of which will prove injurious to persons sleeping there, and much more so to children and lying-in-women. For in sleep man is more exposed to external influence, and things which, when awake, he will hardly notice, or the injurious effects whereof he will easily overcome, will affect him seriously, and whilst asleep may kill him. A person may thus become ill from sleeping on a damp ground, exposed to a draught, in sunshine or moonlight, close to a hot stove, or in an atmosphere filled with exhalations of plants or minerals.

Water is often impure, and people fall sick from using it. Whoever considers how troublesome even trifling indisposition occasioned thereby may prove to a whole family, will not deem that time lost which is spent upon improving the water.

Drink no water from rivers, on which at a short distance higher up there are manufactories, from which dye-stuffs and other noxious matters run in. Spring or well water is hard, or contains particles of lime or iron, when soap will not dissolve in it; such water ought to be boiled, a process which will precipitate the heterogeneous matter. But you ought not to drink too much, nor too often of such water, but rather accustom yourself to rain water, which can be preserved in cisterns, or in casks slightly covered. Water containing sulphurous or salty particles ought never to be used

for drinking or culinary purposes, except in cases of the greatest necessity, for water of that kind cannot be improved by boiling. Foul water from ponds, or any stagnant water ought not to be drank, yet when no other can be had, improve it by throwing into it powdered charcoal, shaking it well, and straining it through a double linen or cotton cloth. The impurities it contains, eggs of insects hardly visible, are apt to occasion tedious fevers and other diseases; and it will avail nothing to mix it with vinegar, molasses or brandy; this may do after it has been cleaned by charcoal. Bad wells ought to be well cleaned and secured; for whole families may sicken from water in which dead snakes or toads are found. Water is hurtful when many leaves or other parts of plants are rotting in it. Pipes of copper, lead or spelter, used to convey water, render it injurious. You should always let so much water run out as may have stood in the pipes.

MILK is often noxious, nay poisonous, when the cows are sick, and he who is not quite callous will rather sustain a small loss himself, than subject others to a loss ten times heavier.

The MEAT of sick animals, slaughtered just before they were dying, is very injurious, particularly when the animal had an eruption, or was sick in its bowels. The consequences may be remote, yet are sure.

Meat badly smoked, or which was not constantly in smoke, or exposed to frost; sausages or liver puddings,

smoked badly or too late, or which have been kept too long, and are greasy in some places; hams, not salted sufficiently, or taken too soon out of the pickle, and smoked at intervals, as in spring, when they got alternately warm and cold; or which were kept piled upon each other in boxes, or were packed when damp; particularly when they are smeary around the bones and have a bad, rancid smell — contain a very violent poison, which in many cases may kill on the instant, or be the cause of incurable disease. This is the poison of fat. It also originates in hams and meat when preserved with vinegar instead of being smoked, and we cannot be too much on our guard against it. You can easily know the poison which is developed in fat, or cheese, or old hams, by rubbing it on blue sugar-paper, or any kind of blue paper:— if the paper turns red, or reddish, beware of the fat, or the meat, or sausage which contains such a poison.

The same poison is contained, though in smaller quantity, in rancid bacon, rancid butter, or rancid sweet oil. It would be best to throw away such things, yet if you must use them, let them be well washed. This should be done first in cold water, then put it in three or four times as much boiling water, let it boil about ten minutes, take it out of the water, wash it again in fresh cold water, and try whether it still contains poison of fat.

Whatever has gone into putrefaction, meat, blood,



eggs, cheese, fruit &c., is hurtful, often poisonous, and nothing can be done to improve it. Meat preserved in summer by ice, which has acquired a certain red appearance, and smells no longer as fresh, is a very unwholesome food. Putrid fish, though ever so well dressed, are considered very dangerous.

Bile is poison, of whatever animal it be.

Poison is developed in trash of every description — in cheese prepared too damp, and without a sufficient quantity of salt.

It is a fact well substantiated, that, in the short period since public attention was first led to the poison which develops itself in fat, in cheese, sausages &c., it has been proven that several hundred persons in Wirtemberg have fallen sick of this poison, of whom one half were incurable, and died a miserable, painful death. How many may have thus perished, of whom no one knew! And yet this danger you can easily avoid by eating nothing that is putrid.

Cleanliness is indeed the great preservative from poison. I know of instances, where whole families fell suddenly sick, the physician was called, the whole house alarmed, every one taken with vomiting and a flux as in cholera; poison was found in the food, the innocent domestics were in the point of being thrown into jail, when it was discovered that the meat and vegetables had been hashed on a newly painted table, and some of the paint had become mixed among the

victuals; — it was no wonder therefore, for most oil-paints are poisonous. Thus it happened that two men at a tavern, enjoying themselves over a bottle of wine, fell dead, and the landlord on the point of being arrested, to prove his innocence, drank out of the same bottle, but died also; — upon examination it appeared that there was a dead snake in the bottle. Once a whole company at a table were seized with vomiting; after much anxiety some venomous insects were found in their wine. It happened in 1824 in England that all the guests at a tavern fell sick, and died one after the other before a physician could be called. The landlord went himself after the coroner; they examined a new cask of cider from which the guests had been served, and found at the bottom a half putrid snake with her brood, which had crept into the cask before it was filled. A family in Transylvania once invited some friends to dine with them the next Sunday. On Saturday they prepared a fat goose and placed it in the cellar. On Sunday morning the family went to church, the house maid meanwhile attending to the dinner. She stuffed the goose and placed it in the stove to roast. By the time the father of the family, his wife and two daughters returned from church she had skimmed off the fat, and as it smelt very savory, they took some into the room, dipped bread in, and eat it. The girl remained in the kitchen, attending to the dinner. The guests came and went into the parlor to the family,

and found them all lying dead on the floor. The magistrates were called in, and the doctors, yet no one could designate the cause of these sudden deaths. The girl alleging that the family had eat nothing but the fat, they gave some of it to a dog who also died. They then examined the goose, and found a toad in it that had been roasted with it.

A child hard of hearing had a blister put on its neck. After some days the sore was to be dressed with cabbage leaves. The careless mother took leaves full of caterpillars, pushed these off, leaving their slime on the leaves. The child complained of pain and burning, its mother imagining it did so from peevishness, did not mind it, and on the third day the child died of gangrene which had spread all over its back. Trials have been made with the poison of snakes, toads, caterpillars and spiders, and it is ascertained that internally and externally, it is of the most dangerous consequences.

Therefore be careful and cleanly, and you will run no hazard. Poisonous insects also infest vegetables, cabbage in particular, or leave their slime on them. Mildew which blasts them, is also poisonous. Thus with grain, the blasted grains which are among it, are hurtful to man and beast. Thus also the seeds of many weeds are noxious. In dry vegetables are often found insects and worms, which we ought to be careful not to eat.

Fruit, vegetables and roots with which you are not

well acquainted, you should not eat, and children ought to be early accustomed not to eat any thing unknown to them.

Seed corn and nuts frequently taste sweet, and yet contain rank poison. Even sound walnuts become poisonous when old and rancid, and occasion in many a child a dangerous cough or diarrhœa, which we are apt to ascribe to a cold.

Mushrooms are not so good in this country as in Europe, and of these more than one half are poisonous. It is not true that onions turn black from poisonous mushrooms.

The best precaution is to eat none out of which milk exudes, none that are old, or readily dissolve. As to the others, make inquiry and learn which are eatable. Taste them raw, and if they have any thing aerid or disagreeable either in taste or smell, eat them not. Let them be well washed in cold water, have them pured and every thing cut out that has been knawed. When cut up they should be scalded with boiling water, then stand, and afterwards be boiled in fresh water.

No one should eat fruit which is half ripe on one side, and rotten on the other, at least not without first cutting out whatever is spoiled. If proper attention were paid to children in this respect, they would not be so frequently troubled with bowel complaints, nor with a weak stomach when they are grown up.

Good kitchen salt being an indispensable article,

every father of a family ought to endeavor to have it pure. When salt exposed to the open air easily becomes moist, it is bad. If half an ounce of fine salt does not perfectly dissolve in two ounces of cold rain water, it contains plaster and is hurtful.

You should also be careful with *kitchen utensils*. Those of earthenware are often glazed with poisonous substances. Try and let vinegar stand in such a vessel over night, and the next morning mix it with a solution of liver of sulphur in water. If it turns black, there is poison in the glazing. Let therefore nothing acid stand, or be prepared in such a vessel.

You cannot be unconcerned as to iron utensils glazed on the inside. Copper vessels ought never to be used for any thing that is sour; they should always be kept clean and polished, and whatever is *cooked* therein ought *not to be left standing* until it is cold; for just at that very moment when it cools it will take the poison. This should also be observed with tinned utensils. If during the process of cooking you suffer the tin to melt off, or scrape or stir at the bottom with spoons, it is no wonder that we hear of so many slow and tedious diseases which no physician can cure. But he who is so ignorant as to give to sour cucumbers or beans a fine green color by boiling them in copper vessels, and eats such trash because of its fine appearance, or who draws vinegar from casks by a brass spigot, should not complain when suffering from a weak

stomach, or colic, cramp or other nervous diseases; nor expect that a physician, or any medicine can expel the copper as readily out of his system as he introduced it. There are those who can bear it for a long time, yet the bad effects will inevitably follow sooner or later. The copper itself is not always hurtful when introduced into the body, and even into the blood, but copper dissolved in vinegar is always poisonous. This is the reason why coppersmiths are not apt to be more sick than other people, and that a person swallowing a copper coin gets rid of it without sustaining any injury. Thus you may have a leaden bullet in your flesh for years without detriment; but the same lead dissolved would destroy you in a few hours.

For this very reason *paints* are so noxious, because they almost all consist of metallic substances in a state of dissolution. White lead and other white colors are nothing but lead; and as bad if prepared from bismuth or tinglass and tin. Red lead is lead and vermilion or cinnabar quicksilver. Massicot, chrome, Naples and other yellow are compositions of lead. King's yellow, tinsel and orpiment are arsenic. Blue paints contain copper, as ultra-marine; or that dreadful poison, Prussic acid, as Prussian blue, Paris blue, mineral blue; or cobalt, which though not as pernicious as arsenic, operates badly enough; it is used as smalts, king's blue and blue starch. Green paints consist chiefly of copper, as verdigris; mineral green, Brunswic

and other green. The chrome green is the least hurtful; but Swedish green the worst, because it contains arsenic and proves injurious even by exhalation. That it contains arsenic is discovered by strewing some on live coals, and it will smell like garlic.

Bronze which is used in gilding and silvering toys is composed of copper, quicksilver, zinc, tin and bismuth.

Be careful therefore with such paints, let no dust from them fly about; use when painting yourself no colors containing arsenic, suffer none to come nigh the things that are used in the kitchen. To small children no paint-boxes should be given, because it is actually putting poison into their hands; nor painted wooden or leaden toys. Painted wafers also may prove injurious to children.

Although mineral paints are the most poisonous, yet others also contain deleterious substances. Gamboge is a powerful cathartic. Indigo causes violent cramps and swellings. Cochineal causes toothache and obstruction of urine. And we might enumerate many others. However, where painting is to be done, use in preference chalk, dyed yellow with birch leaves or curcuma, or blue with indigo, or green with both; ochre and other iron colors, and real chrome, also woad, madder, orleans, cochineal and carmine.

Of *cosmetics* and *washes* we ought not to speak at all, as it is known that all of them contain poison, and of the worst kind. Cosmetics that are not poisonous

will not keep long; and such as do keep are poisonous. There is but one true cosmetic: fresh air and cold water, and a rational manner of life. There is one remedy that will certainly dissuade ladies from the use of washes and cosmetics. After having used them, let them wash themselves in the dark with water in which some liver of sulphur has been dissolved. It can do no harm, and will have a good effect.

Oil of vitriol, aqua fortis, spirits of salt, aqua regia, salts of white sorrel (which is used to take out spots), are dangerous articles, and should never be left within the reach of children. Sulphuric acid much diluted is not poisonous; aqua fortis mixed with strong spirits is not so dangerous; but the others, however, much diluted, operate as violent poison. English smelling salts, kali or pot-ashes, lapis infernalis, salts or oil of tartar, soda, spirits of sal ammoniac, salts of hartshorn, unslacked and even slacked lime are dangerous indeed. Many a person has been killed by spirits of sal ammoniac, or hartshorn, when those ignorant of its effects have used or given it to the sick, or made those who had fainted smell it. These things ought never to be given to smell, or otherwise to be used except much diluted. Alum, vitriol, saltpetre, sal ammoniac; and liver of sulphur abundantly used are also injurious.

Not only things containing mercury, arsenic, lead and copper are poisonous, but also those in which there is antimony, such as tartar emetic, butter of antimony,



sulphur of gold and various powders. Also whatever contains tin, bismuth, spelter; lapis infernalis (in short every thing that is brought from an apothecary's shop), all minerals and chemicals are more or less dangerous. Even harmless things improperly used may prove so.

Innumerable are the poisons proceeding from vegetable and animal substances. Persons should be careful of playing tricks with substances, of which they are ignorant. An inconsiderate young man once administered to a girl the scraped parings of finger nails; she suffered dreadful pains from this dose for several days, and it had nearly proved fatal.

Beware of giving children the so-called-remedies against worms. Whoever is so inconsiderate as to fill the stomach of his children with such trash, should first try it on himself, and every morning take a small spoonful;— we think it would alter his opinion.

This remark applies also to remedies against vermin in the head. The remedies in general are poisonous. Cleanliness is the best remedy, and should frequent washing and combing not avail, rub oil or a little tobacco juice into the hair. Cleanliness will also prevail against all other descriptions of domestic vermin, therefore do not run the risk of having poisonous remedies in the house, for they always contain corrosive sublimate, or something similar, and their very smell is hurtful.

Vermin in grain is sooner expelled by strong smell-

ing plants, and frequent shuffling, than by poison, and there are many instances where, notwithstanding the utmost precaution, men have been killed instead of vermin.

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The worst, the most injurious of all poisons are those abominable Panaceas, which under numerous enticing names are palmed upon the public. No physician will deny that sometimes cures have been performed by them; yet every one knows how seldom this has happened. No medicine will help but where it has been properly applied; where this is not the case, and in the manner in which these things are generally prepared it is impossible it should, it cannot be otherwise than injurious. From the manner in which Panaceas and other nostrums are extolled and recommended, it is apparent that those who offer them for sale are only anxious to find purchasers. Thus pulmonary consumption is no fixed disease, against which a specific can be recommended. It is so very different, and in almost every patient of a peculiar kind, that great reflexion and careful consideration is required to find out of what kind it is, in every case. The means must be adapted to the peculiarities of the disease. One and the same medicine cannot possibly answer in all cases. You cannot always rely upon the certificates which accompany the recommendations of these universal medicines. A case often appears worse than it actually

is — and even medical men may be deceived : — at the same time a trifling medicine — sometimes simply cold water, will cure it.

The great number of universal medicines we see extolled as specifics against various diseases, does certainly not appear creditable to the inhabitants of this vast country. It proves the ignorance and credulity of the purchasers.

He who buys and uses such things may be compared to him who buys a lottery ticket. The large prize is generally in the hands of those who sell tickets. As many blanks as are in a lottery, as many blanks are there in these universal medicines; and the number of prizes and cures are about equal. No man of sense will venture in a lottery, if he cannot spare the money which in all probability he will lose. But he who ventures in a medical lottery, not only loses his money, but, if he does not get a prize, receives certain injury, rendering his case worse, more obstinate and more difficult to cure. When a physician prescribes medicine for you, you know at least what you get, and should it hurt you, against known medicines there are always antidotes; if you have not taken too much medicine, or persisted in the use of it for too great a length of time, it is always possible to make good the injury that has been done. But with those unknown universal medicines it is impossible, we do not know what we are to treat. And whoever relies upon the impudent

assertion that nothing injurious is contained in these nostrums, must be credulous indeed. We have mentioned already, in our preceding pages that the poison from many plants is far more virulent than that from minerals.

Many of these universal medicines also contain mineral poison. For instance, the fever drops (diaphoretic tincture) contain arsenic; the imperial pills, mercury; and so with many others. Many things of this kind are sold at an enormous price, and the ingredients of which they consist may be had in every apothecary's shop for a tenth part of their cost; for instance, Harlem oil is nothing but a combination of sulphur with oil, and the value of a vial is less than half a cent. So it is with all others.

There is not a single one of these pretended secret medicines, that a genuine physician might not have discovered and made known. A physician can apply any medicine in its proper place; the vender of nostrums cannot—his object is to make money:—if his medicine kills or cures is a secondary consideration.

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#### WHAT IS TO BE DONE IN CASES OF POISONING.

The main object is to expel the poison as quickly as possible, and to prevent its spreading; or to render innoxious what cannot be expelled. Much always depends upon haste; the sooner every thing is done, the

better. Yet by too much haste mistakes are often made, or people from anxiety act without consideration.

The first rule always is, “never lose your presence of mind”. Whoever is possessed of this, ought to act and direct what is to be done. Let him despatch the by-standers after what may be wanted, thus rendering those serviceable, who would otherwise only be worse than useless.

When poison has been taken into the stomach, in most cases the principal object is to excite vomiting, particularly when the sufferer feels inclined to it; or if vomiting has already taken place, to further it. The best means of effecting this is administering tepid water, and tickling the throat with a soft feather. The cases are very rare where this could do harm; it ought therefore to be done at once.

Have water heated as quickly as possible, in the mean time take the whites of eggs and beat them into a foam. Take pure white Castile soap and let soap-water be made. Let another person procure sugar, vinegar, sweet oil, milk and butter. Have some strong black coffee made, and gruel of oatmeal, barley, flaxseed or meal of any kind.

The principal remedies which are mentioned below, ought to be kept in every family.

While you are busy in furthering the vomiting, and procuring what is requisite, inquire and try to ascertain what kind of poison the sufferer may have taken.

Sometimes a sudden case of sickness is erroneously attributed to poison. Consider therefore what may be most probable, and should an uncertainty prevail, do not over-hurry yourself. You may try many means at random without injury; you will have to do this until you attain certainty.

There is reason to apprehend poison, when violent, dangerous symptoms occur suddenly, such as are indicated below, particularly when these show themselves at once, or some hours after the sufferer has been eating or drinking. The reason is still greater, if the patient had eaten any thing uncommon.

Be therefore diligent in inquiring of the sufferer himself as well as those who are about him, where he has been, with whom and so forth. Preserve carefully what he has thrown up, and likewise whatever may have been left of his meals or drink. Do not suffer these things to be thrown away, should they even go into putrefaction; for mineral poison can be traced notwithstanding, an object which may prove interesting to the patient, or his relatives. Should this be a matter of importance, throw the whole together into one vessel, and pour plenty of strong brandy over it.

As in every serious case of the kind, an experienced physician, or an apothecary, will no doubt be called in, let him subsequently examine these things.

Yet the treatment must never be deferred; the

assistance must be immediate, and while rendering it, endeavor to ascertain the cause.

Always consider, that he who is poisoned may die, if you apply too many things, or proceed too boisterously. Reflect, and do one thing after another quietly and soberly, lest by the means applied, you hurt the sufferer more than you do him good.

When you know what poison has been taken, or when you are almost certain in your supposition, have recourse to such medicines as are prescribed against that poison, avoiding such as might prove detrimental.

When you are uncertain, act according to the following direction, proceeding from mild remedies to stronger ones, should the former prove insufficient. In cases of imminent danger you must, of course, use whatever remedy may be at hand.

*Vomiting* is always most important, whenever there appears an inclination for it, when the symptoms occur immediately, or soon after meals. Yet to administer an emetic is often as noxious as dangerous. The best remedy (which never injures) is lukewarm water, without either oil, grease or butter. Let the sufferer swallow as much of it as he possibly can; at least every minute half a tumbler full, and more if possible. Try to induce children first by kindness, then by threats, and if neither will avail, by force. Open the mouth, in case of need by inserting a finger at the joint of the jawbone, and pour the water into the

mouth. Or you may, after the child has just been breathing, suddenly shut its nose and pour the water into its mouth; but beware of doing this while the child is breathing.

At the same time keep your finger in its mouth, or take a soft feather, put it into its throat, turning it around till it excites vomiting. Let the patient incline forward, place your hand on his stomach, support his head, beating him softly between his shoulders. Let him rinse his mouth after he has vomited, and remain undisturbed for a few minutes. As soon, however, as he feels another attack of pain, or other symptoms such as worrying, hiccup, or uneasiness, let him drink again until every thing apparently has been ejected.

If he cannot be brought to vomit, or if he cannot swallow, at least not sufficiently, or worries himself in vain, does not throw up as much as he drinks, or should he absolutely refuse to drink, and you cannot introduce enough, should he even swallow again what came up, chew some bread and mix with it half a tablespoonful of snuff, put this on his tongue till it excites vomiting, and let him drink tepid water upon it. With people accustomed to tobacco it will operate but seldom, with them therefore substitute dry mustard, or mustard seed, finely powdered, mixed with a teaspoonful of kitchen salt in a tumbler full of water, to be drank off at once; and afterwards tepid water. These means will always suffice, therefore beware of



using any other. In case the sufferer can get nothing down, is quite confused, cannot swallow, his jaws being tightly closed, blow some tobacco smoke into his posteriors. Take a pipe with tobacco, light it, grease the point of its stem with oil, or fat, insert it in the anus, not deeper than about the depth of a finger nail, turning it carefully, then place on the head of that pipe the head of another empty one, and blow through this into the other, propelling the smoke inward. After blowing 3 or 4 times, stop, and then begin again.

The next important remedy is *the white of eggs*. Have the whites of several eggs beat up, mixed with cold water, and let them be drank. This will never do harm, and will surely help, if the poison be metallic, or if the patient is suffering violent pains in his stomach, or bowels, feels as though he should purge, as will happen in poisoning by corrosive sublimate, quicksilver, verdigris, compounds of tin or lead, alum or vitriol. Give the whites of eggs abundantly, and often repeated whenever the substance vomited is of a red or green color, when the patient has a metallic, coppery or salty taste in his mouth; in general when you suspect that he may have swallowed verdigris, red lead, vermilion, corrosive sublimate &c. If the patient find relief from the taking of white of eggs, you will continue it, and should he be afflicted with diarrhoea and pain in the anus, give him an injection of the water from white of eggs. Subsequently

proceed as hereinafter mentioned under “After-pains from poisoning”.

Another very important remedy, in most cases of poisoning, and applicable when white of eggs seems ineffective, is *soap-water*. But for this purpose you must not take soft soap, nor any resinous hard soap, except in cases of the utmost need, nor any soap which is stained red, as this is done with poisonous ingredients, but the best white Castile soap. Dissolve this in hot water, and let the patient drink a cup full of it warm every 3 or 4 minutes.

Soap-water will only prove injurious when the poison itself was alkaline, or lye, or fretting stone, pot-ashes, soda, salts of tartar, oil of tartar, spirits of sal ammoniac, sal ammoniac itself, English smelling salts, salts of hartshorn, lime, slacked or burned, barytes (often sold as ratsbane, under a pretence of its not being injurious to people, because it is not arsenic); salts of tartar, which is often mistaken for tartar emetic, or tartarus tartarisatus. When the substance which the patient vomited does not smell sour but soapy; when blue paper which had become reddish from having been drawn through vinegar, is turned blue again by it; when it begins to foam upon aqua fortis, or oil of vitriol, or sulphuric or muriatic acid being dropped into it — in all these cases you must not use soap-water, but substitute vinegar.

Soap-water is the principal antidote in poisoning by

arsenic, lead, oil of vitriol, aqua fortis, all strong acids, and most metallic solutions. You may conclude that the poisoning originated from acids, when the mouth of the patient is as if burnt, when blue paper dipt in what he vomited turns red on the instant. Soap-water is also applicable when a person has swallowed alum. It will also prove beneficial in poisonings by plants of a burning, acrid taste, exuding a pungent juice or milk; likewise in dangerous accidents from castor oil.

*Vinegar*, as already mentioned, is an antidote against alkaline poison. As soon as this is ascertained from observation, let the patient drink vinegar in great abundance, and give him injections of it. Let him also eat slimy gruel which will excite vomiting. Yet vinegar will be injurious upon strong vegetable poisons, various salts, all mineral acids, arsenic, particularly when the stomach pains when touched. On the other hand it is of great service in cases of poisoning from laudanum, mushrooms, all soporifics, carbonic gas, and liver of sulphur. In such cases alternate with gruel to bring on vomiting, and subsequently, after having vomited freely, let the patient drink vinegar again, which will remove a continued inclination to vomit. Vinegar will also answer against poisonous clams and fish. It is an important antidote against the poison developed from fat. If a person feel sick from having eaten spoiled rancid hams or sausages, and his throat is very dry, and he feels nausea, you will hasten

to give him vinegar to drink, not forgetting, however, the other remedies afore-mentioned.

*Oil* is a remedy by far too generally applied, and taken to be a principal one, which it is not. This refers also to grease, butter and similar things:—also to buttered water. If to be used, you ought to be careful of the kind of oil; — rancid oil, train-oil, or sperm oil ought not to be applied, slimy substances will answer far better to envelop the poison, or sugar, which sooner assuages the stomach, or other means to neutralize the poison. When you are sure that the poison was alkaline, and you are applying vinegar successfully, you may alternate with oil, particularly when the patient complains of burning in his mouth, throat, or stomach. Oil, however, may be applied to great advantage, when a strong acid, aqua fortis, oil of vitriol &c. has got into the eye, the mouth, the throat or the stomach. Sometimes it is also serviceable against poisonous mushrooms. Oil is hurtful in poisoning by arsenic; useless in most poisonings from metallic substances; and very injurious when Spanish flies have got into the eye, or stomach. It is literally throwing oil into the fire. This is also the case with insects and venomous bugs, which may have got into the eye. Oil is of great service when live insects have crept into the ear.

*Milk* is not so good as other slimy substances; but as it is more frequently at hand, it will be well to let

the sufferer drink of it, instead of waiting for other things. Fat milk is good wherever oil is good, injurious wherever that is injurious. Sour milk is good wherever vinegar is so, injurious wherever that is. When you have no good oil, fat milk is the best thing; also when oil becomes disgusting to the patient. Sour milk is preferable to bad vinegar; it may also be applied where vinegar has already been used. Milk is very good, whenever the first storm has subsided, and there remain only after-pains; provided the patient likes it, and feels relieved by it. When you cannot ascertain what kind of poison the sufferer has taken, and you can therefore not choose between the antidotes, yet you have given milk in the first instance, and the patient feels better after it, you may continue with it. The main object, however, is that the patient vomit at once so much that you may suppose the poison has been ejected with it.

*Sugar* and sugar water, is in most cases one of the very best remedies. Only when you are certain that the poisoning resulted from a mineral acid or strong alkaline poison, prefer the remedies prescribed against such poisons. It cannot do much harm, were you to apply sugar improperly. If the person who is poisoned wishes sugar, give him as much as he desires. It is the best antidote against metallic poisons, poisonous paints, verdigris, copper, tin, vitriol or alum, and you will continue with it, if the patient finds relief from it;

should lie, however, not feel better, alternate with whites of eggs and sugar; or, where it is applicable, with soap-water. Against arsenic, sugar is also a principal antidote; also when the poisoning was effected by sharp, acrid plants, which occasion a burning or swelling in the mouth, or in the throat. You may give it between other things, letting the patient either put it into his mouth, or give it to him in water.

*Coffee* is an antidote against so many poisons that we cannot do without it. You must be careful that the coffee has not been spoiled in roasting; give it at first very strong, and then somewhat weaker. Do not neglect, however, to excite vomiting, should it be still required. When the poison is unknown, coffee is the best thing you can give; when the patient is stupefied, sleepy, senseless, giddy as if intoxicated, his face red and full, or pale, cold, and cadaverous; or when he acts as if he were delirious or raving. In all these cases give him plenty of strong black coffee, till he gets better. Even after he has vomited the whole contents of his stomach, continue giving him the coffee with sugar. In all cases of poisoning give coffee, if the patient desires it.

When the poison is known, administer, after the tepid water intended to bring on vomiting, and tickling in the throat for that purpose, black coffee in abundance, as a drink and by injection, particularly in cases of Prussic acid, which you will know from its smelling

like bitter almonds, or peach kernels, or peach-brandy. Also against laudanum, poisonous mushrooms &c.; where a person has swallowed the juice of sumac; or when dangerous symptoms occur from medicine, containing belladonna, colocints, valeriana, conium (cicuta); or from chamomile-tea. Coffee is also important in cases of poisoning by wine of antimony, or when antimony, phosphorus or phosphoric acid have been swallowed.

*Camphor* is a principal antidote in all poisonings by vegetable substances, and particularly sharp, acrid, burning poisons, which cause inflammation and redness; in all cases of poisoning, where the patient suffers from vomiting and flux, is pale, cold as ice, and almost senseless. In such cases, if you do not know what kind of poison had been taken, you should prefer having recourse to camphor. It will suffice to let the patient smell it, or rub it on his skin. You can make a salve of it with warm oil, or easily dissolve it in heated brandy.

It is the principal antidote in all accidents from insects. Against Spanish flies, whether they have been swallowed, or got into the eye, or when used as a plaster, they have a poisonous effect, camphor is always the best remedy. Also when venomous insects or infected honey have been swallowed, in violent symptoms after meals, in which small bugs or worms may

have accidentally fallen, or when one has swallowed small moths:—likewise after the sting of insects.

When, together with other symptoms, the patient finds it difficult to urinate, or this is very painful to him, and intermixed with blood, you may always presume, that this originates from Spanish flies, or other insects, and camphor is the best remedy.

Camphor is finally applicable, when accidents result from the medicine a sick person has taken; when children sicken after the usual preposterous worm medicines; in accidents from tobacco, bitter almonds and medicines that have the smell of these things, or cherry-stones, peach-kernels, acorns, or nuts.

It will mitigate after-pains from phosphorus, poisoning by minerals, or acids, and particularly salty things. When through vomiting every thing has been ejected from the stomach, let the patient smell camphor from time to time. This may also be done in poisonings by mushrooms, or in accidents from charcoal fire.

The ingredients sometimes requisite, such as charcoal, lye, kitchen salt, starch, green tea, tobacco, are generally in most families; the other things, often as necessary, such as magnesia, spirits of nitre, spirits of sal ammoniac, ought to be kept likewise, being useful not only in cases of poisoning, but also in many diseases. In cases of poisoning things of this kind can only be serviceable, however, where the



poison is perfectly known, and they will be mentioned in their proper place.

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From the preceding remarks it is evident, that, in cases of poisoning, means ought immediately to be taken:

1st. to excite vomiting;

2d. to lessen the effect of the poison.

At first you will have to alternate with either, subsequently attend to the latter object only.

The usual emetics being poisons themselves (which may prove injurious), the best means to excite vomiting are:

- a. Drinking lukewarm water, as much and as often as possible.
- b. Tickling in the throat; and only when this proves ineffective,
- c. Snuff put upon the tongue; or with those upon whom this has no effect,
- d. Mustard with salt in water; and only in cases where nothing can be got in through the mouth,
- e. Injections of the smoke of tobacco.

The principal remedies to lessen the effects of the poison, when the poison itself is unknown, are, where pains prevail: water from the white of eggs;—where insensibility predominates:—give coffee.

As soon as it is ascertained, whether the poison is

an acid, a metal, or an alkali;—if acids and metals, give soap-water; if alkali, give vinegar.

All other remedies are only applicable, when the kind of poison is known.

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#### PROCEDURE WHEN THE POISON IS ASCERTAINED.

In general the same rules will apply, but, next to the remedies which will cause vomiting, you will have recourse to such as are particularly prescribed.

The antidotes recommended against each particular poison, have been arranged according to their efficacy the most efficacious being mentioned first. When these happen not to be at hand, give what can be first procured. If a person, for instance, has swallowed sulphuric acid, it would be a folly to wait until magnesia or white soap could be brought from the apothecary; where this cannot be had on the spot, take quickly a handful of wood ashes, stir them in water, and let this be drank immediately, although less proper. Thus in other cases.

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#### POISONOUS GASES.

In deep privies that have not been cleaned for a length of time; in places deprived of a fresh current of air, where animal offals are suffered to decay, a poisonous gas is developed, of a foul, offensive smell, in which polished metal, particularly silver, turns black. Such gas inhaled will cause nausea and difficulty in

perspiration; the pulse becomes feeble, the eyes weak; it seems as if a cold pervaded the ears; the abdomen draws together; and unless the sufferer is speedily removed from its influence, convulsions and apparent death ensue, which latter, if no medical aid is afforded, will end in actual death. The best remedy is chloride of lime. This ought always to be at hand, before people expose themselves to such danger; for by the use of chloride of lime, dissolved in water, which will destroy this foul air, men may work in such places without danger. The bad smell is speedily removed by throwing in a few shovels full of quick lime.

The person who has met with such an accident, should immediately be brought into the fresh air, undressed, and placed on his back, the breast elevated. Throw cold water on his face and breast. If you have a solution of chloride of lime in water, dip a sponge in, and hold it occasionally before his nose. The solution should be rather weak, so as not to excite cough in a sound person who happens to breathe it. Put a tablespoonful of the strong solution into a tumbler full of water, and inject half a teaspoonful into the mouth of the sufferer. Repeat this from 5 to 10 minutes; discontinuing gradually as the patient improves.

Vinegar can sooner be had; mix it with an equal portion of water, and sprinkle the face with it; and hold a sponge, dipt in vinegar, before the nose and the mouth.

During this time the patient should be rubbed with hot flannel. If you have sprinkled his face with cold water or vinegar, wipe it dry after a little while; then rub it with hot flannel, and repeat the sprinkling. The feet, the stomach, breast and arms particularly ought to be well rubbed. The soles of the feet and the back may be brushed a little with a stiff brush.

Be not too hasty, but proceed gently and continue patiently. Life sometimes will not return till after 3 or 4 hours.

If the patient, apparently dead, does not breathe at all, it is useless to hold a sponge before his nose; only try from time to time by holding a light feather there, whether his breathing has recommenced. Blow breath occasionally into his mouth, which is best done by a person inhaling as much as he can, and then placing his mouth on that of the apparently dead (whose nose should be held shut), and blowing in the breath gradually. If you perceive the breast rising thereby, let the breath go out of itself, and repeat the operation. If the breath will not come out again of itself, place a towel around the breast, and after the breath has been blown in, pull it gently. Thus by keeping up an artificial respiration, a person apparently dead may often be restored again, but he who undertakes the operation should himself be healthy and have a clean breath, and either drink, or rinse his mouth occasionally with vinegar. As soon as the sufferer

begins to breathe, or the exhalation of the breath infused becomes more rapid, cease the infusion, blow gently fresh air towards him, and only when the breath becomes stronger, hold a sponge to his mouth, dipped in a very weak solution of chloride of lime, or vinegar. You ought to be very careful, indeed, lest you extinguish the feeble life just returning. If the patient recovers, give him a few drops of a weak solution of chloride of lime or vinegar. If he complains of cold, inclination to go to stool, or nausea, and vinegar will not remove this feeling, or the patient dislikes it, give him a little black coffee; if he complains of heat and great weakness, give him a little good, and if possible, old wine. The smell of camphor is also often beneficial. Consult in this respect the wishes of the patient; whatever is most agreeable to him, or affords him relief, deserves the preference.

Another mephitic gas is developed in deep wells, vaults and lime furnaces, which is suffocating. It has no bad smell, but makes him who inhales it sleepy, giddy and at last senseless.

Persons affected by it will usually revive in a short time, if they are speedily brought into the fresh air, sprinkled with cold water, and with vinegar, and particularly by the infusion of black coffee. Do not act with too much precipitation — delay is not dangerous in such a case. If respiration will not return, it will be necessary to blow in some breath.

The vapor of *charcoal* is very dangerous, particularly to persons sleeping. Never sleep with lighted charcoal in a chamber without a chimney. This refers also to stone-coal. It has also happened that old wood-work has been glimmering, and thus continued for days without smoke, and that the inhabitants of such a house, not minding the not very perceptible smell of something burning, were found on the point of death, before the glimmering had even been discovered. It is remarkable that persons exposed to this exhalation become so feeble as to be unable to go into the fresh air, to open doors and windows, or to call for aid. They labor under the greatest inconvenience, perceive their danger, yet cannot resolve to move from the spot, or save themselves. A similar sensation seizes those who in very cold weather sit down in the open air to rest themselves; although they know the fate that hangs over them, they cannot recover courage to resist it.

The signs of poisoning from the effect of coal-fire, before apparent death prevails, are:—headache with nausea, violent exertion to vomit, vomiting, and even blood; a heavy load seems to oppress the breast, the face becomes red, purple, and full of blood; the patient is seized with an involuntary, convulsive weeping, talks incoherently, falls down suddenly into fits, becomes senseless and apoplectic.

Carry him into the fresh air, rub him with vinegar and let him inhale it. If the face is already purple,

and he talks incoherently, throw ice-cold water over his head. In general it is well to apply *cold* to the *head*, *warmth* to the *feet*. After the patient has recovered, it will be well to give him No. 2, removing the vinegar. Should No. 2 help, but not long, repeat it. After some hours, or sooner, when No. 2 will not avail, give No. 5, and let it have time to operate. In case of apoplexy only it will be useful to bleed first.

The dry rot in old buildings has a similar yet slower effect than that from coal-fire upon their inhabitants. Such buildings ought to be pulled down; however, if people have to live in them, endeavor to kill the dry rot by stone-coal fire. Apply this, as much as possible, above, below and about the spot where the dry rot breaks out. Brush the spot itself with a strong solution of blue vitriol, or sulphate of copper. To guard against the effects of the dry rot, put a few drops of sulphuric acid into a gallon of rain water, and take occasionally a drink of it.

To obviate the bad consequences of exhalations from chloride of lime, to which people are sometimes exposed, smoke tobacco; or drop some strong brandy, rum, or spirits of wine on a piece of loaf-sugar, and put it into your mouth.

In accidents from inhaling poisonous vapors, such as Prussic acid, or mineral acids, take spirits of hartshorn, or spirits of sal ammoniac which will afford relief; but do by no means apply the vial containing such spirits

to the nose, you would only increase the evil thereby — pass the open vial at the distance of about 6 or 8 inches slowly before the sufferer, so as to communicate the smell feebly to him; continue this as often as may be necessary. Or put a drop on a bit of paper, insert this into an empty bottle, and let him sometimes smell at the bottle. But if the vapors were from alkali, this would avail nothing, in that case let him inhale the smell of vinegar. Whether the vapors are from acids or alkali, you will find out by blue paper; acids will make it turn red, alkali will make that which is stained red from acids blue again. In cases of poisoning from acid vapors you may put one drop of spirits of sal ammoniac into a tumbler full of water, and give of this mixture a teaspoonful every ten minutes; in poisoning from vapors of alkali give from time to time a teaspoonful of vinegar.

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#### MINERAL AND OTHER STRONG ACIDS.

In cases of poisoning by sulphuric acid or oil of vitriol; muriatic acid or spirits of salt, nitric acid or aqua fortis, aqua regia, salts of wild sorrel, phosphoric acid, spirits of vinegar, wood-vinegar, or abundance of wine vinegar: —

Perceivable in a sour, burning taste, smell, an acrid heat in the throat and stomach, cutting pain in the bowels; increased when drinking, offensive breath; a sour taste when vomiting, when what is thus thrown



up foams, and blue paper dipt into it turns red;—the inside of the mouth often spotted, as if burned. Administer

1st. Lukewarm soap-water in great abundance.

2d. Magnesia, a spoonful in a cup of water after every attack of vomiting, or repeated when the pains increase. Burnt is not so good as common magnesia.

3d. Chalk, powdered and stirred in water.

4th. Wood-ashes, a spoonful in warm water.

5th. Pot-ashes or soda, the point of a knife full dissolved in a large tumbler with water.

Alternate with the first and the second; the others are merely intended as substitutes until the former can be procured. After the patient has vomited sufficiently, let him drink gruel of oatmeal, barley, pealed grain, a decoction of linseed or rice, whichever is at hand, and let him taste nothing else for some days. After the first storm is past, give against sulphuric acid No. 8; muriatic acid No. 12; nitric acid No. 16 R.; phosphoric acid No. 1; other acids or wood-vinegar No. 3. Before administering these medicines to the patient, you may try smelling of camphor.

When strong acids have got into the eye, oil of almonds is best; or fresh, unsalted butter; in case of need, weak soap-water; pure water is injurious, and should not be used till afterwards to wash the eye. If you have scorched yourself outwardly with strong

acids, soap is to be used in preference to all other things, as soap will heal all burns speedily.

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ALKALINE POISONS.

Pot and pearl-ashes, fretting stone, lye, salts of tartar, oil of tartar, soda, ammonia, fretting spirits of sal ammoniac, spirits of sal ammoniac, English smelling powder, salts of hartshorn, spirits of hartshorn, burnt and quick-lime — poisoning from these articles is

Perceptible in an alkaline, urinous, acrid taste, with small bubbles on what is separated, blue paper turning red in it; else the same symptoms as from acids, although what is ejected in vomiting does not smell sour.

Give: — 1st. Two spoonfuls of vinegar mixed in a tumbler full of water; warm water, if you have it. Take a glass full every five minutes.

2d. Lemon-juice, or other acids, very much diluted; or sour fruit, pressed out in water.

3d. Sour milk.

4th. Gruel and injections. Emetics are very injurious, and vomiting should only be excited by these drinks, or tickling in the throat with a feather.

In cases of poisoning by barytes (a peculiar kind of heavy, white earth, which is sometimes sold as rats-bane), pure vinegar is injurious; give therefore only gruel and oil, and excite vomiting, till Glauber salts or sulphate of soda can be procured, which is to be given dissolved in vinegar, and diluted. Afterwards let the

patient smell camphor, and if this will not avail, sweet spirits of nitre. After pot-ashes No. 1 is applicable, and subsequently No. 29; after spirits of sal ammoniac No. 16 R.

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OTHER SUBSTANCES POWERFULLY EFFECTIVE.

*Liver of sulphur.* Against the effects of which take water with some vinegar or lemon-juice, oily or glutinous drink and injections. If much drinking and tickling the throat will not occasion vomiting, give a weak solution of tartar emetic. After the patient has done vomiting, give him either vinegar, if it relieves, or if not, once No. 5, and no vinegar.

*Iodine* is unfortunately often given as medicine, although it sometimes occasions sudden, dangerous accidents. The remedies are:—1st Starch, stirred in water. 2d Paste, made thereof. 3d Wheat-flour. Subsequently, thin gruel. Against after-pains No. 5; subsequently, if necessary, No. 19.

*Phosphorus.* Against this, — oil and every thing greasy being dangerous, give only gruel, and endeavor to excite vomiting by tobacco or mustard, if it cannot be otherwise brought on immediately. Then give some black coffee. After a few hours it will be well to give a spoonful of magnesia. If neither this, nor the smell of camphor should afford relief, give No. 13, which generally speaking will be good after-

wards. Should the patient wish it, give him a little good old wine, or brandy, the latter dropt on sugar.

*Alcohol*, or strong spirits of wine and ether, if accidentally swallowed, may produce bad effects. It will usually suffice to give milk and gruel. Should this, however, not mitigate the pain immediately, put a drop of spirits of sal ammoniac into a tumblerful of sugared water, and give of this by teaspoonfuls. If this does not soon afford relief, give No. 13, and gruel as long as the stomach can bear it. Subsequently give black coffee.

*Prussic acid* is known by its smell (that of bitter almonds), and operates so suddenly, that you must hasten to administer the proper antidotes. In this case there is no time to excite vomiting. Let the patient smell spirits of sal ammoniac, but kept it at a distance. Drop a little on a handkerchief, and hold it so that only a faint exhalation may reach the patient. Or put a drop of it into a tumbler full of water, stir it, and give him a teaspoonful of it every 3 or 5 minutes. As soon as you can have coffee made, give him this abundantly, also give it by injection. In case of need let him first smell vinegar or camphor, and then inhale the vapor of it. Subsequently give him No. 1, or No. 25; and should this not appease the after-pains, give No. 13.

*Alam.* Give soap-water, or sugar-water until the patient vomits; subsequently give Nos. 8 or 6.

*Vitriol*, white, green or blue; in this case give warm

sugar-water or cold solution of white of eggs in water, till the patient has vomited repeatedly; afterwards give gruel.

*Saltpetre* and *sal ammoniac*:—against these give lukewarm water, or buttered water until the patient has vomited abundantly; then give plenty of gruel.

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METALLIC SUBSTANCES.

*Arsenic* such as ratsbane, fly-stone, cobalt, king's yellow, orpiment, in fever drops, unguents and plasters for cancer, and numerous secret remedies, and particularly those for horses and cattle. For this give

1st. Soap-water. 2d. Water with white of eggs. 3d. Sugar-water. 4th. Milk. As soon as the patient has vomited, give him the remedy again. There is not much danger, if by copious vomiting every thing is thrown up. Vinegar will not relieve, and oil is rather injurious.

German physicians have of late recommended oxyd-hydrat. as the best antidote. In lieu of it you may take common rust of iron, half a tablespoonful in a cup of water, repeating the dose, if it proves beneficial.

Subsequently give No. 25, several times repeated; if the patient is feverish and restless at night, give in addition No. 17; if he is worse in the day time, after his sleep, costive or troubled with a slimy flux: No. 13. If after No. 25 there remained nausea, vomiting, with heat or cold, and great weakness, give No. 6.

In the liquor which hatters use in the manufacture of fine hats arsenic is contained. The wearing of such hats often occasions eruptions on the forehead, or sore eyes. Have the hat well lined with silk or leather; against the consequences take No. 16.

*Corrosive sublimate.* Against this give 1st. Water from white of eggs. 2d. Sugar-water. 3d. Milk. 4th. Starch from wheat-flour, dissolved or boiled in water or paste of wheat-flour.

White of eggs in water is the principal remedy; you may alternate with sugar-water. The after-pains require the same treatment mentioned before in poisoning by medicine, under the caption of "Mercury".

*Copper.* Verdigris or any other preparation from copper. Give 1st. White of eggs. 2d. Sugar. Either may be swallowed without water. 3d. Milk. 4th. Gruel.

The filings of iron in gun-water with some vinegar are said to speedily cure poisoning by copper.

*Lead.* In this case give 1st. Epsom salts, or sulphate of magnesia. 2d. Glauber salts, or sulphate of soda. The former is the best; when it cannot be had, take the latter. A tablespoonful dissolved in a pint of warm water, and drank often and abundantly, in proportion to the quantity of the poison. 3d. Soap. 4th. White of eggs. 5th. Milk.

After the salts, or the soap administer gruel as injection and drink.

*Lunar caustic.* Against the effects of this give

kitchen-salt, dissolved, in great abundance, and subsequently gruel.

*Antimony*, either as antimonial wine, or tartar emetic. Give 1st. A decoction of gall-nuts, oak-bark, or the peeling of pomegranates. 2d. Black coffee in great abundance. 3d. Gruel.

In convulsions No. 2<sup>00</sup>, nausea and other affections No. 25<sup>000</sup>.

*Tin*. Against the effects of this give 1st. White of eggs. 2d. Sugar. 3d. Milk.

Poisoning by tin occurs frequently, when any thing acid has remained standing in a tin vessel, and been eaten afterwards. Any thing that is acid ought never to cool or remain standing in tin vessels; neither should silver, tin, or plated spoons be left in food. Acids should only be left standing in vessels of wood, earthenware or glass.

The tedious and frequent afflictions from tin are relieved by No. 8.

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#### VEGETABLE POISONS.

*Mushrooms* (poisonous); show their effect only after several hours; the stomach swells, there is a cutting pain in the pit of it; upon thirst, nausea, hiccups, anguish, follow vomitings and diarrhœa; numbness of the limbs, a feeble pulse, stupefaction, incoherent talk, and fits. Further the vomiting, but rather let the patient drink much cold water, as cold as can be procured;

give him occasionally finely powdered charcoal made with sweet-oil into a kind of salve. Should this afford no relief, let him gently smell spirits of sal ammoniac. After-pains are often mitigated by wine or coffee.

*Grown corn*, or those thick, black, blasted grains in Indian corn, rice, wheat, or rye; as also burns or a black corruption in grains similar to rust of iron, is very injurious to man and beast. However, the ill effects of it can be removed by the common nightshade, broken in cold water and hot water poured over it. Let the sufferer inhale the vapors of it, or have the cattle washed with it.

Infection from plants exuding a white juice, which are abundant here, is cured by washing with soap-water, and afterwards with brandy. If some of the juice gets into the eye, use oil of almonds, unsalted butter, or milk; if it gets into the stomach: use soap-water, milk &c., but neither acid, nor emetic. This refers also to all other acrid, burning, caustic plants or gums, such as gamboge, euphorbium &c.

In affections from plants which have an intoxicating effect rendering people insensible, or delirious, coffee, drank in abundance and injected, is the principal remedy. In some cases vinegar also is good, for instance, against the effects of opium, laudanum, or poppy heads. If the patient has a red face, or a wild look, cold water thrown over him, may do him good.

Parts of plants which smell like bitter almonds, and



consequently contain that virulent poison *Prussic acid*, such as bitter almonds, peach kernels, cherry and plumb stones, with many other kernels, and laurel leaves; and in cases of poisoning by things made therewith, such as cherry brandy, persico, noyau, and other cordials: many preparations, called medicines: all easily distinguished by their peculiar smell, and bitter taste, as well as their consequences; heaviness, giddiness, oppression, particularly on the breast, at first a quick, then a slow pulse, lameness, or a feeling as if lameness were to follow — in all these sensations black coffee is the principal remedy, and in very dangerous cases let the patient smell caustic spirits of sal ammoniac occasionally (but feebly), or drop a little of it into a tumbler full of water, stir it, and give him a teaspoonful every 10 or 15 minutes.

Coffee is also the principal remedy in cases of poisoning by opium, or laudanum, poppy seeds, or a decoction of poppy heads, which people sometimes foolishly give to children to make them sleep. Before coffee can be got ready, give vinegar. If the patient lays quite senseless, beating him hard on his back and posteriors will be serviceable. Emetics are useless, and if no vomiting follows upon his drinking coffee, you must endeavor to urge it on by giving warm water and tickling the inside of the throat. Subsequently it will be good to give several times No. 25, and, if after-pains continue, after some days No. 7. If *thorn-apple*

has occasioned the mischief, also give coffee or vinegar in abundance. Should no vomiting follow, tobacco will be proper; against after-pains give No. 13.

*Sumac* is apt to cause a complaint similar to St. Anthony's fire, in which outward rubbing is improper, and applying any thing like washes or unguents, which would strike-in the infection, would be highly injurious. If a careful washing with soap-water does not avail, try to assuage the itching and burning by gently rubbing with wheat-bran, or dusting with hair-powder. Let the patient abstain from whatever is heating or acrid, and give him No. 12; not repeating the same, should it help, but doing so, should it get worse again. If the infection happens to be mostly in the face, or if No. 12 will not avail, give No. 5.

In cases of poisoning by that noxious plant, frequently given against worms — *pink-root* (spigelia) let the patient smell camphor, give him black coffee, and if for some days after-pains continue, palpitation of the heart, giddines &c., give No. 7.

In cases of poisoning by camphor, give black coffee till it brings on vomiting, and against after-pains No 2, every hour, until they cease.

In poisoning by *Saffron* the same remedies.

In afflictions from all other vegetable substances, give camphor to smell, and, if this will not avail, let the patient drink coffee; when the effect is more

stupifying, weak vinegar; when very painful, soap-water and milk.

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#### ANIMAL POISONS.

Spanish flies (cantharides), or blisters raised thereby, contain a virulent poison, very injurious, if it happens to get into the stomach or the eye. It occasions a violent burning, which is increased by sweet oil, fat, milk &c. The best remedy inwardly, and also for the eyes, is the white of eggs, or lukewarm gruel. Put this thick upon the eye, or in case of need use flour, but do not wash and rub too much; have the poison taken out in preference by a linen rag.

In all other bad consequences from Spanish flies, which sometimes also result from blisters, and in similar accidents from other insects, camphor is the principal remedy. Let the patient smell it every minute, and rub him with spirits of camphor, where he may be mostly afflicted, for instance, the temples in headache, or on the loins, in heavy pains in the kidneys, or bladder.

After *poisonous honey*, camphor is also the best remedy, to be smelled and rubbed with: give inwardly warm tea or coffee, without milk.

The *hair of caterpillars* are apt to cause violent inflammation. Do not rub, for it will only increase the evil; put on handkerchiefs rubbed with camphor, or sprinkled with spirits of camphor.

Among *clams* there are sometimes *poisons*, which are very troublesome. Keep up the vomiting, if there is an inclination for it; give charcoal with sugar and water, or in molasses; camphor to smell, and afterwards black coffee to drink. If an eruption occurs, and swelling of the face, give No. 5.

Should *poisonous fish* occasion bad symptoms, give finely powdered charcoal with brandy, and, should this afford no relief, after some hours give black coffee. If this will not relieve, let the patient eat plenty of sugar, or drink it in water; if this will not help, try weak vinegar, inwardly and outwardly.

When the poison of *toads*, *frogs* or *lizard*s has got into the eye, rub-in the spittle of a healthy person, and give No. 3 every hour, or whenever it is getting worse. If the poison got into the mouth, take at first a tablespoonful of finely powdered charcoal, with milk or oil. If sudden and dangerous symptoms occur, let the patient smell spirits of nitre. Subsequently give No. 19.

The *grease-poison* contained in cheese, blood, meat half gone into putrefaction, particularly in sausages, liver-puddings, blood-pudding, sour meat, bacon and hams, old rancid goose-fat, and similar substances, not sufficiently smoked,—develops itself so suddenly, that things eatable to-day, may be poisonous to-morrow. The principal signs of a person being poisoned thereby are, besides heart-burning and nausea, a

feeling of dryness in the throat, sometimes also in the mouth, the nose, the ears; causing the eye-lids, the sides of the nose, points of the fingers after some days to become quite hard, as though they were dried up. The voice becomes hoarse, the pulse slow and feeble; the patient feels hunger and thirst, yet is scarcely able to swallow. Great weakness usually prevails, the eye-lids are as if they were lamed, the pupil of the eye is enlarged, the patient sees but feebly, as if through a mist, or he sees every thing double. The stomach at the same time is swollen, painful and costive. The knees and the feet become stiff; and unless death relieves the sufferer, a tedious, incurable disease will remain.

He who has eaten of such things, and perceives after some hours the commencement of these signs and their gradual increase, should not be tardy in applying the proper remedies. If within 4 or 5 hours after the meal, he feels inclination to vomit, he should drink tepid water to bring it on. Sometimes the burning and dryness in the throat is supposed to originate from acidity in the stomach, and people take magnesia, which does not help; or they deem it corrosive poison, and drink milk or oil, which is likewise useless. The only things that can do good, are acids. As soon as the stomach has emptied itself, take weak, diluted vinegar; wash yourself with and rinse the throat with it. If you have lemon-juice, it will answer still better. For a change,

when the acid becomes disgusting, occasionally take a little sugar. You may also now and then take a dish of coffee, or what is still better, strong black tea. If the dryness will not abate after these, or returns again; if after injections of slimy substances there is no stool, give No. 12, and wait its effect for 6 hours. If a trifling, yet not lasting improvement takes place, give No. 12 again, as often as it gets worse. No other injection ought to be given but of slimy warm water, with a little vinegar, lemon or lime juice.

What No. 12 cannot remove, is frequently cured by No. 10; should lameness, or dryness remain, No. 19 will sometimes remove it.

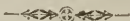
In sick persons and also in sick animals, whatever sickness it may be under which they labor, there is always developed a kind of poison, similar to that in parts of animals becoming putrified. As various as are the diseases, so various are also these matters; some have but little, some great influence upon others; some operate by exhalation, but the greater part only when they get into the blood, or into the stomach. We loathe whatever a sick person ejects, and thus a natural aversion preserves us from the influence of such noxious matter. For this reason careful people avoid the garments of those who have suffered for a long time with a dangerous disease. But we are not so much on our guard against diseased animals, and yet their exhalation alone will prove injurious in many

cases. Thus that from horses having the glanders, may affect a human being with a disease quite different. It is worse with the excrements and the spittle of diseased animals, and the matter from sores and ulcers is always poisonous. And yet, notwithstanding the decidedly dangerous consequences, leprous, or measly swine are still slaughtered by the unprincipled or avaricious.

The most dangerous disease in this respect is the sick spleen of eattle. If the blood of such a beast only touches the hand, it may prove infectious. The skinning (which through ignorance or selfishness continues to be done), and even the tanning and dressing its skin may prove as dangerous. Its flesh, though salted and smoked, is a poison, and has almost always caused death, or lingering, incurable disease. The eattle are known to labor under a diseased spleen, when they appear suddenly sad, stumble, tremble after they have been drinking, with a dry heat and short breath; during which symptoms burning tumors are formed. Unless you can save such cattle by frequently throwing plenty of cold water over them, they must die. In this case at least endeavor to preserve the others by cold water. Those which perished thus, ought to be buried in as deep a pit as possible, without being touched with hands. Whatever in any manner came in contact with them ought to be burned, buried, or at least washed with a solution of chloride of lime in water.

If a person is so unfortunate as to be infected with the disease of the spleen, he feels at first melancholy, weak and cold, he gets on several parts of his body a red spot, with a black pimple in the middle; this will soon turn into a blue tumor and terminate in an inflammatory ulcer. On this by no means put a poultice, or any thing warm and moist; bleeding also is very dangerous. All you can do is to keep quiet, observe a strict diet, drink plenty of cold water, have cold water thrown on the infected spots and wiped off again rapidly; inwardly use No. 19, repeating it only when the case gets worse.

Whatever was soiled by horses having the glanders, should be washed with chloride of lime in water; however, it will not hurt, after having been exposed a good while to the air and sun. Should a person be infected by a horse having that disease, give him No. 10, and if it will not answer No. 19. Subsequently, if required, you may give No. 18, and if after several weeks the indisposition is not removed, No. 35 R. But give all these remedies only after No. 5 has been administered, repeated within 10 days, and not at all, if the patient is getting better.





## II.

### POISONING BY WOUNDS.

The sting of spiders, centipedes, scorpions, of bees, wasps, hornets, humble-bees, of moschettos, knats or bugs with a fine tube for blood sucking, are seldom dangerous; they are only troublesome, but may have bad consequences by their great number, or by their touching sensitive parts in delicate persons and young children.

The principal remedy in such cases is the smell of camphor, and washing with cold water. If you can bear it, you can effect a cure by holding the injured part close to the fire, or holding a live coal, a red-hot wire, a burning segar or pipe, as close to the affected part as possible, until the pain is gone.

When pursued by a swarm of bees, do not wave your hands about, as it will avail nothing, and only irritate them. When in the woods should a swarm follow you, or many have lighted on your head, and there be no water near into which you might plunge, lay yourself flat upon the ground, the face downwards, protecting the sides of the head with your hands, and remain in that position till they are gone. Wet the spots that were stung with spittle, scratch them softly with your finger-nails, till sting and poison are drawn out. Then put on black garden earth, repeating it when the pain increases, or rub honey into it, or one

of the remedies mentioned. Did the bee sting into the eye, or the mouth, honey will likewise do; if possible try to extract the sting, from the mouth by scratching, or from the eye by very delicate pincers. Subsequently give camphor to smell, until it gets better.

The same precaution is also to be observed in regard to the sting of wasps, whose sting, however, does not remain. Warn children not to bite inconsiderately into a pear or an apple, in which there is a hole; sometimes there is a wasp inside, and its stinging in the mouth is very dangerous.

When a person has been stung in a very sensitive place, and inflammation, swelling and fever follow, give him camphor to smell, as long as it will assuage, but should the inflammation continue, give No. 3, and if this does not avail immediately, No. 15. Should the tongue be much swollen and No. 3 will not afford relief within half an hour, nor No. 15 after the expiration of one or two hours, give No. 5 W., a spoonful every half hour, until the swelling ceases. If this also proves useless, give No. 7 in the same manner. If the eye is swollen, Nos. 3 or 15 will help, given alternately; leaving No. 3 to operate at least an hour, and No. 15 at least four hours, lengthening the period, if some improvement takes place. Do nothing else except wetting a cloth with cold water and tying it around. If after some days the eye still feels sore No. 7 will often prove effective.

*Moschettos* are driven away by the smoke of brown sugar, strewed upon live coals or hot iron; let the smoke pass off, and then shut the door and windows. Moschetto bites when painful are easily cured by wiping them with lemon-juice.

Yet it will not do to remove too quickly the effects of the sting or bite of insects if very numerous; this would be as bad as an eruption suddenly driven-in. You had better give No. 3, and after some hours No. 15, and should it not be better the next day: No. 16.

In the bite of a *snake* you ought to know, whether the snake was venomous or not. All venomous snakes have in the upper jaw but two teeth, very long and large; all snakes that have two rows of teeth above and below, are not venomous. After the bite of a venomous snake you will feel a violent, cutting and sometimes burning pain.

If the reptile is not venomous, rub salt or gunpowder into the wound. But if it is venomous, tie a few fingers length above the wound a cord of any description tightly around the limb, so as to prevent the return of the blood from the wound to the heart, leaving it thus as long as the patient can bear it, or the danger is over. Suck out the wound on the spot, or let some one else do it. This will hurt no one, unless he happens to have a fresh wound on his lips, or in his mouth. Even the swallowing of the venom can do no harm, provided

he who sucks, takes either before or after, some garlic or salt into his mouth. However, you must suck well, and continue long, drawing the wound previously apart as much as possible, stroking with your hands, while you suck, all around towards the wound, particularly that part which is nearest the heart. If the person bitten cannot suck himself, and no one else will undertake it, it may be done by a clay pipe, and even by a reed, only you must in that case suck stronger, leaving off as little as possible, and holding the limb so that when taking off the reed from above, what is sucked out may flow off below. A bit of a new clay pipe, a potsherd, or slacked lime, will adhere itself to the wound, and extract some poison.

Immediately after the sucking, rub fine kitchen salt well in, until the wound is saturated, or gunpowder, ashes of tobacco, chewed tobacco, or wood-ashes, or whatever of this description is at hand, yet the first named has the preference. The patient ought to keep himself as quiet as possible; the greater the motion or the anxiety, the worse will be the consequences. If you are far from home, and otherwise without help, bury the whole limb, or half of your naked body in the black earth, and renew this earth bath from time to time.

Inwardly give immediately some salt water, or the point of a knife full of salt, or gunpowder, or some garlic. If notwithstanding bad symptoms occur, if the

cutting pain increases, stretching from the wound towards the heart; if the spot turns blue, purple, or swells; if vomiting takes place, giddiness, or fainting, hasten to give No. 19 W. Should the case get worse, repeat the same dose within half an hour; otherwise not until after several hours; should an improvement take place, do nothing more until it gets worse again. If after a second or third repetition it will not help, give No. 5. If ash-root can be had, put a poultice of it around the limb, and give an infusion of it to drink. Seneca root is also sometimes serviceable. The lingering after-pains No. 10 will often remove; sometimes No. 7.

The bite of a *mad dog*, of a raving animal, or even that of an angry, irritated one, should be treated at first in the same manner as the bite of a snake. Burning, cauterising, cutting, lacerating, suppurating and all similar cruelties are positively useless; for no means in the world can extract what is not either pressed, or sucked out at the moment the person is bitten. On the contrary, the more you butcher the wound, the more rapidly will the poison pervade the whole mass of the blood. The Physicians, in fact, have recourse to such bloody work only to show their importance, or from a mania after murderous, lacerating and destroying operations; for these methods have never yet done the least good. Therefore, after having the poison sucked out, and salt or other ingredients aforementioned

rubbed in, suffer the wound to heal, using only the following precaution.

The sub-named preventative, or another in which you confide, ought to be applied until the scar of the wound attains the natural color of the skin. It should be renewed whenever the wound becomes hard or dark-colored, red or inflamed.

Sometimes after seven days, or later, particularly when the patient has a slight fever, a blister will raise under the tongue; have this cut open with a pair of fine pointed scissors, or a penknife, and let the patient rinse his mouth with salt water.

The steam bath has been found to be a good remedy. If there is an opportunity of applying it several times soon after the accident happened, the patient will undoubtedly derive benefit from it; at any rate, if it possibly can be done, apply it as soon as the first suspicious symptoms show themselves: viz.: — shivering and aversion to drinking, to any thing shining, or to the wind; combined with sadness and melancholy. It may prove beneficial. The patient should be in a place large enough to have sufficient air to breathe, and yet so small as to be easily filled with hot steam. A small room of wooden partitions, which can be tightly closed would answer best. If the patient already suffers under convulsions, he should be wrapped up in a sheet, so as to confine his hands and feet, but leave his head and neck free. Bring into this room stones or bricks

thoroughly heated, as many as possible, and throw either water on them, or, if the patient is unable to stand this, use wet sand. The stones, as they cool, must be removed, to be heated again. It would be better, were another person within the room to render such assistance as the patient might probably require. However, the whole process will avail nothing, if there is not a hot fire kept up, or should there be a want of people to attend to removing and bringing in stones; for the whole room ought to be quite filled with hot steam, and this for a considerable length of time, if the steam bath intended as a preventive, at least for an hour or two; — if used at the appearance of the disease, only until the fits cease.

We have added two medicines which we deem the best. As a preventive let the patient smell evening and morning No. 39, repeating it every seventh day, till a fever, diarrhoea, bloody flux or something similar takes place; when nothing more need be taken. Should bile or eruptions result from it, no external application ought to be used, they will disappear of themselves. Or take a little of this powder on the point of a pen-knife every seventh day. We consider this as a sufficient preservative. If happen the worst and hydrophobia should appear, it will be easily cured.

If the patient already suffers from an attack of hydrophobia, No. 38 is serviceable. Best only given to

smell, and always when fits occur. Should the attack become worse after it, wait till two or three attacks have taken place, and should they become more feeble, give nothing further; as soon as they increase, let the patient smell again. If they remain as they were, repeat within three hours. If No. 38 will avail no longer, give No. 5.

The endless variety of remedies against hydrophobia, which in every country increase with every year, deserve not much consideration, because there is no instance of a mad dog having been cured by any one of them. They are generally extolled as having prevented the disease; however, this pretended prevention signifies nothing, as it is well ascertained that scarce *one* out of twenty persons bitten, gets the hydrophobia. Many people get it merely from imagination; and with such, any remedy will answer. For this reason you cannot depend upon such recommendations; and therefore it is absurd to subject every one bitten to such a martyrdom, as cauterising, scorching, and bleeding to excess. With the greater part there is nothing required, and with those few who are affected with the poison, such remedies are of no use.

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When bad accidents, or sores result from the bite of an enraged man or animal, apply No. 39.

When putrid animal substances happen to get into a



wound, or matter from an ulcer on man or beast, give No. 19.

The principal remedy against pollution with matter from a sick person, or a sick beast, is a solution of chloride of lime, which is to be had in every apothecary's shop.



## I.

### OF HURTS.

*Concussion* of the body by a fall, blow or kick, may occasion a variety of pains, and other accidents. Sometimes inner parts may be thereby extended, or torn, pains originate which increase the next day, severe headache, giddiness, pain on the breast, asthma, cough, spitting of blood, pains in the back, drawing pains in the stomach &c. The principal remedy in all these cases is No. 15. The patient ought, at the same time, to keep as quiet as possible, drink plenty of and bathe the afflicted part often with cold water, drink and eat nothing that is heating, neither wine, brandy, coffee, nor tea; no spices, little salt, and nothing acid.

If the sufferer sustained a violent fright, give first No. 2, and after some hours No. 15. If the person who fell swoons, it will suffice to wash his face, head and arms with cold water, and to give No. 3°, and when the patient revives, or after some hours No. 15. Bleeding is altogether unnecessary in such cases; you

can always mitigate inflammation by No. 3, and hasten the cure by No. 15.

When pregnant women from a fall, mis-step, or violent motion and concussion, of whatever kind, receive pain in the intestines, as will happen often in the first months of their pregnancy, and may bring on a miscarriage, No. 15 will help, provided the patient keeps quiet, laying down for some hours, and avoiding for several days all exertion and violent motions. If some hours after No. 15 has been taken the pains should become more severe, give No. 14, or any of the remedies indicated against "Miscarriage".

By lifting heavy loads, or quick lifting, carrying heavy burdens, there will sometimes be occasioned complaints, which No. 15 cannot remove. Then No. 23 R. will do, which may always be used first, when a person has hurt himself by lifting, being more the consequence of the exertion, than outward violence. If headache follows, and neither No. 23 nor No. 15 will answer, let the patient smell No. 35, only once.

If headache follows after a concussion, and No. 15 will not avail, give No. 5 or No. 10, whichever may suit best, conformably to the symptoms indicated under "Headache".

*A mis-step* may occasion similar affections in the limbs, then No. 12 will help; more seldom No. 23. Should the stomach suffer, Nos. 12 or 8 will answer.

*Bruises* are in no other manner so easily and rapidly cured as by giving No. 15 inwardly, and applying cold water as a cover outwardly. Only in case the bruises are very bad, and combined with violent fever, give No. 3, and after six or eight hours No. 15 again. It is but seldom that a second dose of No. 15 will be required. If a limb is entirely bruised, you must stiffen it with a piece of pasteboard, so as to keep it in its proper situation, pressing it occasionally, till it again acquires its right shape. Unguents or salves are useless, often hurtful. The cure will be effected by cold water and a correct manner of life, sooner than by any medicine. People who have bad fluids, or ulcerate much, should smell after some days No. 16 once only. If from negligence inflammation takes place, give No. 17. Do not be in haste for amputation; many persons have preserved their limbs by unwillingness to submit to it.

Bruises on the head of a child ought not to be pressed with a knife; if occasioned by a severe fall, put cold water around, and give No. 15. If at a later period bad symptoms should appear, pain or giddiness after shaking the head, the pupils of its eyes distended, if the child tosses on the pillow with its head, gets fever and fits, dropsy of the brain is to be apprehended, and you will give No. 5.

A limb is *sprained*, when, after a fall or other violence, it pains severely, cannot be moved without pain,

swells and turns red. In such a case No. 15 will help; sometimes No. 12 may be required afterwards. Place cold water frequently around, but do nothing else, and try to move the limb often, without exerting it too much.

*Dislocation* is when a joint has been put out of its proper place. In this case the pain is much more severe, — it is impossible to move the limb, or if at all, not without torture; upon feeling and comparing with the other limb, you will easily perceive that the parts are in a wrong position; that the limb is shorter or longer, or stands crooked. This is soon followed by swelling, severe pain, stiffness of the limb, and fever. It will be advisable to give at once No. 15; or if inflammation and redness have already began, No. 3, and apply cold water. You will seldom find a person who will undertake to put in the joint again, and as useless attempts can only do harm, it is best to send at once for an expert surgeon, by whose assistance the patient will be relieved. Much benefit will result from the application of cold water and No. 15. Even after the joint has been put in place there is no occasion for anything else, for all other applications, rubbing, bleeding &c. are injurious. A proper bandage ought to be applied; but as soon as the inflammation diminishes, which after having given No. 15, and, where required, No. 3, will always happen in a short time, the joint should be moved carefully, lest it grow stiff.

*Fractures of bones* are known by severe pain the sufferer feels in the bone from the effect of outward violence, sometimes also of a sudden violent motion, the bone feeling thicker upon being touched, and uneven; by the limb being shorter or distorted, or, when the fracture is but partial, crooked. The limb is usually useless, and may be moved by others where it is broken, as if there were a joint, when a peculiar grating sound will be perceivable.

In all such cases send instantaneously for a surgeon, or have the patient carried to him on a litter. The broken limb must be moved as little as possible; on the painful spot apply bandages, which should often be dipped in cold water. Inwardly, when the patient is much affected, or fainty, give No. 3, and after some hours No. 15. In very severe, and almost insufferable pains and fits only, give first No. 14, then No. 15. In very rare cases, where the pains are very violent, and other bad symptoms occur, you will be able to afford some relief by stretching the limb.

After the bone has been set, No. 15 will promote the cure, and the patient will much sooner be able to use his limb.

## WOUNDS.

Persons ought to know what kind of wounds will heal of themselves, and which will not; also, how the healing can be accelerated, or what must be done in dangerous cases, until a surgeon can be procured.

Every wound, not mortal, will heal of itself, without medicine, unguents, plasters or sinearing. Outward applications are almost always injurious, and have been discontinued for a considerable time by all rational practitioners. Nothing further is needful except applying a proper bandage, and frequently wetting it with cold water; and if necessary, to give medicine inwardly, and see that the patient observes a regular diet.

The most important means of healing a wound, is *combination*. Small superficial wounds can be combined by pressing them together with the finger, and keeping them thus by a ligament around the limb. The usual small cuts on the fingers are often troublesome, as they impede the use of the hand, yet they will quickly heal in a healthy person, by being sewed together, which after little practice can be easily and quickly done, and without pain. Press the wound together, that as little blood as possible may escape, and that the skin may appear white, so that you may be able to see and seize the cut. Then take a very fine needle with thread (silk is better), stitch near the cut, or from it across through the upper skin; if it pains, you have stuck too deep. When the cut is very small, and not deep, you may always stitch from one side to the other straight across, making a usual seam without a knot in the beginning or the end. When the cut is deeper, and forms an angle, stitch once only across, tying both ends together in a knot over the cut, cut off,

and in the same manner proceed again, placing one loop near the other. You had better take a short thread; for if you have to pull much it may slip out or hurt. It may sometimes be better also to put each end of the thread in a needle, and with each needle to stitch a border of the cut from within to without.

When the wounds are larger, penetrating through the skin into the flesh, you cannot combine them by this superficial seam, but you will have to use sticking plaster. Cut this into strips a few inches long, narrower in the middle than at either end. Warm them either by your breath, or by wrapping them, on the linen side, around a bottle with hot water, or around your arm, till the plaster becomes soft. The narrow part must be put across the wound. Pull them as tightly as possible, and make them sufficiently long, that the wound throughout and at the bottom may be kept close together. Between the strips you must leave, particularly at the deepest end, an open spot, to let the humour out, in case the wound suppurates.

In combining, the wounded part ought always to be brought into a position in which the wound is not gaping; and it should afterwards be kept so.

Deep, lacerated wounds, or long cuts in the face, on the lips, eye-lids, the neck &c. have sometimes to be combined by deeper seams, which a surgeon only is able to do in a proper manner.

Deep thrust, or other narrow but deep wounds must

not be combined in this manner, because they would heal on the top, yet suppurate within. However, if you can bind them up so as to be pressed together within as well as on the surface, you may do so, until you can procure a surgeon, who ought always to be consulted in such cases.

Every wound, besides being sewed, or combined together by sticking plaster, must be tied up in such a way, that the junction may be accelerated, and the air kept out, without the limb being pressed or laced more than is necessary.

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Whenever wounds have been combined and bandaged in the manner here indicated, the *bleeding* will usually stop. Sometimes it will be necessary to put folded linen upon the wound; press it and keep it tightly on by the bandage. Cold water, which you must apply immediately and often renew, is likewise the best means to stop the effusion of blood. In some cases, however, it will not suffice.

When blood is gushing out of a wound on the neck, above or within the thighs or arms, the whole limb, or whole part has to be pressed together, and on the neck the whole side, and you ought to procure a surgeon speedily.

When light-red blood issues from the wound, squirting by turns, as the pulse beats, the bleeding is still more dangerous. Hasten to obtain the assistance of a



surgeon, but meanwhile (a minute's delay being hazardous) tie a cloth tightly around above the wound, that is from it towards the heart, feel about above this bandage on the inner side of the limb, until you perceive the beating of the artery, put on this spot a cork lengthwise, press it well home, put over it some doubled linen, a few inches long, and as thick as a finger, and around it a bandage, which you will lace until the blood stops. Immediately upon pressing the artery together, the wound sometimes will bleed stronger, but it will soon subside. Do not omit applying cold water or ice frequently to the wound.

People are apt to have recourse to very wrong and injurious remedies to stop the bleeding. In the fright they wrap around it one cloth after the other, until they exhaust their whole stock of rags and handkerchiefs. But this will not stop the bleeding, it will merely conceal it. If the first firm bandage does not avail, whatever is wrapped around subsequently is useless and injurious, because it only hides the danger, and prevents the cold water from penetrating. Therefore, where the bleeding is profuse, tie a bandage above the wound, and also one below it, draw it together so as to be covered but once, and apply water and the other remedies.

Some people put upon a wound which bleeds freely the most heterogeneous things imaginable: such as vinegar, cobwebs, what they call balms, brandy, spunk,

lead-water, colophonium, white of eggs, sweet oil, wood-ashes, gluc, vitriol, alum, rust, lemon-juice, shoemaker's wax, gum arabic, tinder, salt water, tar, nut-galls, warm urine, dragon's blood, tan, the juice of various herbs—oak, alder and other leaves, either raw and boiled; useless salves, unguents, and other trash sold by apothecaries as remedies for stopping blood. But by the application of these things the healing of the wound is rendered much more difficult, as they soil the lips of it, and every thing heterogeneous entering it, can only be brought out again by suppuration.

When it is impossible to stop the blood by a proper bandage, the application of cold water or ice, and a quiet position of the patient, hasten for a surgeon. Until he comes, have recourse to the following means:

Let the patient put a little salt on his tongue, and should it not help, give him some vinegar and water; but nothing warm to drink. Let him lay high with the wounded part, and see that no part of his body be pressed. Should he faint, leave him at rest, and do not pester him with smelling bottles. Swooning is always beneficial, because then the blood flows less rapidly, and is more apt to clot in the wound by the coldness of the water applied to it. In case the patient turns pale and blue, his face and limbs becoming convulsive, then his situation is dangerous, and you will let him smell the cork of No. 17. Afterwards, when he is getting

worse again, give him a little pure old wine, whenever he desires it, and thereupon, if necessary, again No.17.

The same remedies are applicable after a great loss of blood; however, let the patient, when the blood stops, drink cold water repeatedly in small portions, whenever he desires it.

To stop the blood, when the first bandage and application of cold water will not avail, take some tobacco juice from a pipe which has been smoked by a sound person. Into thirty teaspoonfuls of water put one teaspoonful of this juice, and drop it slowly into the wound. Better still are those black, glutinous drops which hang in chimneys where wood fire is kept. Take of it as much as the size of a pea, mix it with a tablespoonful of brandy till this turns brown, then mix it with half a tumbler full of water, and drop it into the wound. Creosote-water, if it can be had at the apothecary's is to be preferred.

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However, well bandaged the wound may be, it cannot heal, unless it has been previously properly cleansed. Therefore, before you bandage it, see that every thing foreign in it be first removed. If the wound is full of dirt or sand, if splinters are in it, small pieces of glass, fishbones, shot or rags; or if the iron which caused the wound was rusty, — it will render the healing of the wound more difficult. Therefore, clean such wounds well with water, endeavoring to remove by

laving or syringing every thing of the kind; should it be impossible to get it all out, dress the wound but lightly, to keep out the air, without pressing it, and renew the dressing often; wounds of this kind, particularly when splinters remain therein, ought always to be treated by a surgeon, if he can be procured.

When a person has run a nail into his foot, or fish-bones, splinters, or glass &c., you cannot always remove every thing; surgeons are apt to cut in such a case this way and that, but in vain. Into such a wound put at once a little vulnerary balsam, bahn of Peru is the best, but in case of need use Canada or any other, put over it a roll of linen and tie it to the sole of the foot. Renew the application of the balsam every day, until the wound is healed from within. It is requisite at the same time, that the wounded person walk occasionally, even though his foot pains; the foot ought by no means to be left too much at rest, for by treading on it the wound becomes cleansed. If there is much inflammation, apply outwardly cold poultices of water, and inwardly the medicine mentioned below.

If the wound in the sole heals, but there remain a painful sensation when stepping, indicative of something remaining within, tie a cork-sole, or a sole cut out of paste-board to the foot, out of which sole you will cut a piece on the spot where the foot pains; and let the patient walk about and not be sparing in the use of his foot. Give him for two successive mornings

No. 21 °, and should it not avail, after seven days No. 16 °, and after seven days again No. 21 °. Whatever remained within will then generally come out. If you feel it under the skin, and this is rather thick, have a cut made, and pull it out, or if this is not feasible pare the skin quite thin with a sharp knife.

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Besides the blood-stopping, the cleaning and dressing of a wound, its subsequent treatment, as well as the diet of the patient are matters of importance in healing it. With large wounds the patient ought afterwards to keep himself as quiet as possible, he should not exert either his mind or his body too much: — he should drink much cold water, and avoid whatever is heating, or salt, spiced, smoked &c. As soon as he becomes quiet, give him as before mentioned in other hurts No. 15; if fever increases, once No. 3, and after some hours again No. 15. If the patient lost much blood, give always first No. 17, and on the day following No. 15.

People who have a morbid skin will find it difficult to heal the slightest wound, as it will always suppurate; to such give No. 14, and should it not help No. 16. Sometimes those medicines are also applicable, which are indicated under "Ulcers".

When convulsive symptoms occur, and you have reason to apprehend that tetanus, or locked-jaw will follow, you had better call a physician; yet should

locked-jaw actually take place, you need not apply to any of the usual practitioners, for they cannot cure it. In that case have recourse to the medicine recommended hereafter against "Tetanus".

If the dressing was necessarily put on very tightly at first, you may ease it soon afterwards, should it happen to be troublesome, or the next day. Yet if it is not too tight, let it remain for two or three days, if the wound does not suppurate, and remove it always gradually.

When taking off a sticking plaster, always begin at both ends to loose it, proceeding by degrees towards the middle. Begin always at one end of the wound, putting immediately another piece of plaster in its place, and continue thus to the other end, that the wound may not spring open again, or be rent asunder. If any way possible, let the bandage remain till the wound is healed; however, in summer it will require dressing oftener, particularly if it suppurates. Let the seams remain till they come away of themselves.

Cold water serves not only to stop the blood and clean the wound, but afterwards to heal it. Put on a folded rag, which should be frequently dipped in ice-cold water, particularly when swelling, with pain and redness appears. Or take lint, dip it in water, and cover the wound with it. Over it put some paper, rubbed with wax, or thick, oiled paper, tying a handkerchief around it, to keep the patient otherwise dry. At first

renew it daily thrice, subsequently twice. As soon as the heat mitigates, and the wound begins to heal, use it less frequently, and discontinue entirely with it when the heat has disappeared.

All wounds which suppurate much and for a long time, must after some days be treated as ulcers, in the manner hereinafter mentioned; and not cold, but warm water must be put on them.

All wounds that are lacerated, bruised, and others which cannot be combined, need only be drawn together and treated with cold water, unless they should turn into ulcers.

All wounds over a bone, either on the head, the breastbone, the elbow, finger joints, or the knee, the shin-bone, or the ankle, you must treat with nothing but cold water, without any bandage, salves and plasters. At first only, in order to stop the effusion of blood, you may press them, subsequently tie them up merely to keep off the air. It is very dangerous, indeed, to put on any thing else, be it what it may, because the wound may thereby be converted into an ulcer, which may eat into the bone.

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The sores from leeches often bleed too much; there are instances of children bleeding to death of them during the night. It would be better, of course, not to use leeches; however, he who does not understand applying a good remedy, must have recourse to a bad

one. Such hurts can always be stopped with two stitches, which will not pain in the least. With children, who are afraid of this, you can stop the bleeding by pressing the sore, and applying to it a cover of pitch or wax, and paying attention to them at night. The same precaution is necessary after opening a vein.

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The wounds from the extraction of teeth are apt to bleed considerably. Vinegar is always hurtful. Stop the blood with cold water; if this will not answer, by the insertion of a plug of linen, bitten in until the bleeding is stopped. Should this also prove useless, take the water mixed with rust of iron, as above described, wet the linen with it and plug again. If you suffer much pain and swelling, take No. 15; if fever No. 3, alternating sometimes with either. Should you afterwards catch a cold, and these remedies will not do, No. 23 or No. 12 often will. If the jaw-bone swells, and a tedious suppuration takes place, take No. 21, every seven days, until you get better.

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When children fall, and their heads are severely shaken by it, they often begin to vomit, cry but little, or at intervals, and sleep uncommonly long and soundly. Give No. 15, and see that the child be not overheated, or take cold;— do not let it eat or drink any thing heating, or sleep too long, and should it get a fever or fits, give No. 5 and be careful of cold; if



this will not do, and the child bores much with the finger in its nose, give No. 27. If the child sickens, and tosses much with its head on the pillow, if the pupils of the eyes are much dilated, not only in the dark, or when it awakes naturally, but also in day-time, give No. 5, and if this, after a second dose, will not avail, after four or five days give No. 16, which should operate for several weeks. If some of the above symptoms still remain, the head enlarges, the skin opens on the soft spot between the bones, and you perceive there, when putting your finger on it, a slow beating, let the child smell No. 35 R., which will help.

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Considerable wounds in the head, with broken bones, large wounds in the face, deep ones in the neck, the breast, thrusts in the stomach, all wounds by which the joints are crushed, or which penetrate into the joints—must be treated by a surgeon in all cases.

When a limb has been partially crushed, it may sometimes be preserved by the application of ice-cold water, or ice itself, and giving inwardly No. 15, alternating sometimes with No. 3. It is even possible, after gangrene has already commenced, by giving No. 17, and later, when the skin begins to turn black, by No. 38 R. However, the surgeon is the proper judge of what ought to be done, and we propose this merely in cases where the patient will not submit to

amputation, or where no surgeon is to be had to undertake it, or where it is already too late.

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In large wounds in the abdomen, where the bowels protrude, the whole stomach being torn open, do not give up the patient. Though the appearance of such wounds is bad, they are often easily healed. Replace the bowels as soon as possible, yet not without having them previously cleansed, if any sand or dirt adheres. This must be done with lukewarm water, but do not rub, only lave, and see that no water gets into the stomach; do not seize the bowels with your bare hands, but with a clean linen cloth. Let the patient smell nothing strong, nor give him any medicine, except, should he be quite indifferent, or senseless, No. 2, or when he is delirious No. 1, when he falls into convulsions No. 4, when he turns pale, his nose pointy, his limbs cold, No. 17; however, as soon as the first tempest is over, in all cases, No. 15. If no physician can be had, sew the wound together with a waxed thread, leaving in the deepest place a small opening, bind it up in order to prevent the access of the air. Should very dangerous symptoms prevail, try No. 38 R.

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#### HETEROGENEOUS PARTICLES IN THE BODY.

In the *Eye*.—Washing out will only avail when dust gets into the eye; but anything soluble will only spread further in it by so doing. Sweet oil is alleviating with

caustic, burning acids or salts; but injurious with Spanish flies. The white of eggs is good when sharp dusty, mineral particles, paint, or small pointy things have got into the eye.

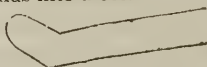
Draw the eye-lids apart, roll a bit of paper so as to be soft before, and that it can be held behind; with this, as with a hair-pencil, you can seize and remove whatever may be in the eye. The eye must be slowly moved in every direction, while you hold and examine the eye-lids, to see whether any thing adheres to them. Unsized paper answers best for this purpose; every thing will stick better to it. When you have to push it far, wet it first with spittle.

Particles of iron, particularly those which, when striking fire, or in a smithy are projected hot into the eye, usually stick very fast; sometimes you may succeed in loosening and withdrawing them by a bent horsehair, pushed under the eye-lid and moved backward and forward, or with a clean ear-spoon. A magnet will rarely do any good, unless the iron particle should happen to be loose, in which case paper will answer every purpose.

Much rubbing is always injurious; it is better to put on a linen roll with cold water. The pain will often abate in sleeping. If the eye is red and inflamed, give No. 3, which will also answer when the particle still adheres to the eye, and cannot be got out. This will ease the pain until the physician comes, or the night is

passed, and you will be able to examine better. If after repeated application of No. 3 the eye remains red and painful, give No. 18; and only in cases where this will not avail, after seven days give No. 35 R.

In the *Ear*. — When insects get into the ear, rest the head on the other ear, and drop oil in, until the insect becomes visible, when you can pull it out with a bit of paper rolled up. When a child has put anything into its ear, seeds, peas, beans &c., which will swell, hasten to take a hair-needle, bend it on the upper end, where the wire is turned round, into an obtuse angle, which you may easily do with a key, so that the upper part of the needle may form a knee like a spoon, and push both the pointy ends into a cork:



Place yourself so as to stand behind the ear, pull this with one hand upward and at the same time from the head, that you may be able to look far into it; dip the instrument in oil, and the bend close to the inside of the ear, push it in so as to get it around and behind the object; then lift it a little and the end of the needle seizes the object from behind, like a spoon, so that you can easily move it forward and pull it out.

If inflammation of the ear and pains remain, give No. 8. When the inflammation is bad, and the ear so swollen that nothing can be got out, No. 8 will likewise do. In some cases, when the patient suffers

severe pain, has a fever, and talks incoherently, No. 8 will not answer, but give No. 5. Subsequently, if pains remain, you may often succeed by No. 18.

In the *Nose*. — Let the child breathe, shut its mouth, that it may press the air out again through the nose; or tickle the nose with a feather or some dry snuff. Sometimes things may be pulled out of the nose by the same instrument recommended for the ear, or a similar one but longer, or by pushing them backward that they may fall into the mouth. Do not make too many experiments, but rather apply to a physician, who has the proper instruments. The swelling of the nose which will sometimes prevent the object from being taken out, or which may subsequently continue, you can considerably diminish by Nos. 3 and 15; sometimes, when this proves useless, give Nos. 23 or 12. For after-pains and suppuration No. 18.

In the *Throat*. — Urge the child by beating it between the shoulders to throw up; let it open its mouth, press the tongue down with a spoon, look into the throat whether you can see anything, which you may perhaps seize with your finger and pull out.

If it is a large piece, remaining in the throat because of its size or hardness, it will be well to excite vomiting, particularly, if you perceive that, in worrying, it pushes upwards. It may suffice to tickle the throat; if not, put snuff on the tongue, and give an injection of tobacco. If you can feel it on the outside of the neck,

a gentle pressure upwards may also contribute. At first you ought certainly to endeavor to bring what was thus swallowed up again; however, do not proceed too hastily. If it is already so far down that you cannot feel it in the throat; if it sticks fast in the breast, it must go down into the stomach, particularly if it is soft, smooth, and dissolveable, and only stuck fast because of its size. If the patient feels that it is slipping downwards, you will let it go of itself into the stomach, giving only some water, if it is something which will not swell, or melted butter; or, when the substance is very troublesome, you may try to push it down. For this purpose take a smooth willow twig, or a small piece of whalebone, shaved perfectly smooth, tying to one end a bit of sponge. In order to tie it quite tight, make a few notches in the stick, and take waxed thread or silk. Grease this with oil, and push it against the back part of the mouth and the throat slowly and cautiously downwards, without using much force.

If a convulsion takes place, and the bit will not move; if pain, difficult breathing and other symptoms occur, give No. 4, or if this will not avail, No. 14 to smell, then some sweet oil or butter, and then repeat the attempt to push it down.

Frequently the sensation will continue in the throat as if something were sticking there, when the thing itself is already down in the stomach. This, however, signifies nothing, goes away of itself, or after some

remedies. You will know it by the pain having been first more violent, then remaining milder without alteration, and not causing any other trouble; also, that the patient is able to swallow soft or fluid things, without throwing up again, and which when touching the injured spot hurt, without rendering it worse. In such cases you may give No. 15, and if it will not help, No. 7, or one of the remedies hereinafter mentioned.

With sharp, pointy articles, such as pieces of glass, fish bones, small bones, needles &c. be cautious, and use no violence. Often it will be sufficient to swallow some bread, slightly chewed, or figs, or dried prunes; or with small pointy things sticking fast, wax pills of the size of a musket ball, dipped in honey. They are best made of wax from the hive, and rolled in its own honey, till they are round and smooth.

Should dangerous symptoms appear, violent pain, exertion to vomit almost to suffocation, great anguish, fits &c., you must hasten to extract whatever sticks fast, or at least loosen it. A thread sling will answer for this purpose, or a fine bent wire, which you push in so as to keep both ends of the sling out of the mouth. Push it until the sling gets below the painful spot, move it up and down, turn it several times, and draw it slowly up again. In some cases a stick of whalebone, or a small willow twig, as before mentioned, will answer better. Turn the end carefully below the

particle, give a drink of water, and after a little while, when the sponge will be a little swollen, pull it gently up again. You may also tie a feather with much hair to a thread, and push it, with the quill before into the throat, so that the feather when pulled up may lean against the side of the throat, and there, by being turned several times, loosen and seize the particle adhering. Or you may tie a number of silk slings, made like those for bird-catching to a willow twig, introduce it in like manner, and by turning it several times, seize and bring up needles or similar things. Where needles, or fishbones adhere, it has been of use to let the sufferer swallow a bit of meat or bacon, fastened to a string, and after having passed the painful spot, pull it up again. In case of need, or when splinters of glass stick in the throat, take the upper end of a tallow candle, tie a strong thread to the wick, have it swallowed and pull it up again, repeating this several times. In dangerous cases you must always take whatever can soonest be got, considering of what nature the substance swallowed is. Thus a child once swallowed a fish-hook, so that the string stuck out of the mouth; to push it down was dangerous and hazardous, to pull it up, impossible; if remaining within, it might prove mortal. The physician had the rare presence of mind to hit upon the only proper means; he had a leaden ball perforated, drew the string through the hole, and pushed the ball down the throat; the



fish-hook was loosened from the flesh, and, laying fast to the ball, was pulled up again.

In all such cases let the head be reclined against another's breast, press the tongue down with the left forefinger, and introduce the instrument, previously greased with sweet oil, slowly and carefully on the back part of the throat downwards, as far as requisite. In the sudden resistance or convulsive motion and pain of the sufferer, you will perceive that the instrument has reached the wounded place or the heterogeneous matter. In pulling up be careful that you do not hit above the head of the throat, or lose again what you brought up. Rather press the instrument a little sideways, letting the head quickly bend over, as soon as the end of the instrument comes up.

In very dangerous cases, where even an expert practitioner is not able to afford relief in this manner, the last means will be to make an incision into the throat, by which sometimes even those may be saved, who were on the point of suffocation.

In the *Stomach* and *Bowels*. — It is generally sufficient that the patient eat nothing but soup and gruel, avoiding whatever is heating, irritating, or acid, and patiently waiting till the undigestible particles swallowed be removed. This will be accelerated by gently rubbing and pressing the abdomen, by laying on it, using frequent and moderate exercise, without violent exertion. By proper attention and a regular mode of

life, coins, rings, leaden bullets and other things, often larger in size than the slender intestines, are usually expelled after a time without difficulty. Whoever is troubled with dyspepsia, should take no cathartic, which only weakens the intestines, but live upon light food, eat much butter, and have daily an injection administered of warm water or milk.

In all such cases the patient's excrements ought to fall into a bucket with water, to be stirred and strained through a basket, a coarse sieve, or, when needles have been swallowed, through a coarse cloth, in order to ascertain whether the foreign substance has been ejected. Needles sometimes take a course quite different, and come out of the body again, without occasioning any injury. Should this state of uncertainty last rather long, give every week No. 21, or as a change No. 16 once.

If some time after a person has swallowed needles or coins, bad symptoms appear, and he feels pain at some spot in the stomach, as if something were jammed in there, give immediately No. 25; should it afford relief, repeat the dose whenever he feels worse again; if not, give No. 13. Should notwithstanding dangerous symptoms appear, with a violent cholic and obstruction, No. 2, frequently given, will help. Should symptoms of inflammation appear, with pain, as if the spot were going to open and suppurate, No. 38 R. will avail,

Things swallowed sometimes pass without molestation, through all the intestines, and then stick fast in the anus. In this case give an injection of linseed-oil, sweet oil or milk; cut long thick slices of bacon, and push them up the canal, so as to hang half out, or be held fast by a string. If you can introduce the bacon immediately after the injection, it will protect the anus from being wounded by the object in its passage, and it may often be easily pulled out, particularly if somebody were to assist with a small rounded stick of whalebone, or the handle of a silver spoon. Should you not know how to go about it, apply at once to a physician; but have recourse to no cathartics, which may prove dangerous. If the anus closes convulsively, give No. 4.

When leeches happen to get into the stomach, they will occasion dreadful accidents: a burning pain, hiccups, blood-spitting, and slow fever, reducing the patient visibly. Administer immediately abundance of kitchen salt, dissolved in water, occasionally melted butter, and with children, sometimes sugar, until the molestation ceases; then give No. 15, and after some days against after-pains No. 19.

When other live creatures have got into the stomach, (if they are insects), let the patient swallow some sweet oil, or fresh salted butter, and he will find relief; if the pain will not cease immediately, let him swallow a bit of camphor of the size of a pea rubbed in

oil. Should they be worms, snakes, frogs &c., let the patient drink sugar water, and eat sugar till he begins to purge. Should this prove unavailing, give pills of chewing tobacco, of the size of a pea, at night before going to bed, and in the morning fasting; to children but one pill, to grown persons two or three; to such as smoke or chew tobacco from five to six, and gradually more. Bad consequences from these pills will be obviated by smelling camphor; and giving No. 25, several times repeated, or No. 13 in the evening.

In the *Throat* and *Windpipe*. — When a person talks or laughs in swallowing, or rapidly breathes when holding something in the mouth; or when children in their play catch something thrown towards them, with the mouth; it may happen that particles will get into the windpipe, or into the head of the throat. Beating the sufferer between the shoulders with the flat hand, while he is bending forward, or enticing him to sneeze by blowing snuff into his nose, or to vomit by tickling his throat, — will only help at times, and in trifling cases; on the contrary it may render the matter worse, for which reason you ought not to continue long with such trials. You may also try at first to bend the head back, holding it downwards, and thus the thing may be removed by coughing. Yet all this, should it stick fast, will avail very little. Perhaps you may succeed in putting the patient to sleep by medicine, but he must not lay with his head too high, and the foreign

matter may go away of itself; however, should the danger increase notwithstanding the medicine, the patient will have to undergo an operation. Hasten therefore to procure the nearest surgeon, who may cut into the windpipe, by which means the patient may be saved even were he already on the point of suffocation. This operation, if well performed, is by no means so dangerous as it appears, neither is it difficult: — as nearly all who have undergone it, have been cured, and the saving of such as have severed their windpipe in an attempt at suicide, is nothing uncommon; therefore never hesitate to have recourse to this operation, when an expert surgeon is at hand to perform it.

In the symptoms often resembling those where something remains sticking in the throat, you ought in every case to look into the back part of the mouth, pressing the tongue down, and try if you can reach the object with your fingers or with a spoon. You may also try with a thin rod of whalebone, or willow, whether you can feel anything in the throat. You may also find out by the following signs whether the thing sticks in the windpipe: the pain is more perceptible in the fore part, so that the patient is able to indicate it with his finger; when the thing sticks in the throat, the pain is more backwards. The same difficulty occurs in swallowing and breathing, as if something were sticking in the throat; however, the drawing of breath is rendered peculiarly difficult; the face becomes bloated

and purple, the eyes appear dilated, the voice alters, becomes hoarse, or is gone entirely; the cough whistles or rattles, and threatens to end in suffocation. At first the symptoms do not signify much, yet they increase gradually; or they disappear at times for a while, and then return and become worse.

When you have ascertained that the foreign particle is in the windpipe, give at once No. 25, repeating the dose, if it helps, as often as the difficulty increases. Except sugar, or sugar water, nothing else should be given. Until you can obtain the assistance of a physician, you might, if No. 25 should not suffice, give No. 5 W., which cannot but have a good effect. As soon as the patient falls asleep, leave him at rest, and do not, when the symptoms reappear, give a new dose immediately, but only when they become worse. Sometimes the intruding substance will be ejected during sleep. When No. 5 will not suffice, or when molestation remains after the danger is passed, you may try No. 16 W. If despite of all these remedies suffocation threatens, give No. 20, or should the patient's face turn purple, first No. 2, every quarter of an hour, in some water.

When dust has been inhaled into the windpipe, and occasions a bad cough, or hair, or feathers have got into it, No. 5, and subsequently No. 16 will afford relief, but only by degrees. It is advisable to take at the same time some sugar, or gum arabic.

Under the *Skin*.—When something remains sticking under the skin, you can always apply the remedies indicated in pages 151-153. I will only add what is to be done when numberless small, pointy particles, thorns, thistles &c. stick in the skin. When such things trouble you, put oil on the spot where they are, and hold it as close to the fire as you can bear, then take a large common knife, not too sharp, and shave with it slowly on the skin. Put on the whole edge, as you do when shaving with a razor, pressing as hard as can be borne; when the thorns or thistles stick crooked, shave contrary to the direction in which they penetrated. Repeat this operation, if required, putting on oil and holding it to the fire, until every thing is extracted.

The same operation might be tried when splinters of glass have got into the skin; however, it would be very painful, and it will be better to extract them by suppuration, treating the spot like any other wound. If the splinters do not come out after No. 15, give No. 16, and if they do not then suppurate out, give No. 21. In cases where the matter is deep in the flesh, and neither Nos. 21 nor 16 will avail, let the patient smell No. 38 several times, or give him afterwards No. 7.

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### BURNS.

When you have burnt your skin, the best thing you

can do is to hold the spot close to the fire — the worst to put cold water, or anything else on it, which is cooling, such as potatoes, carrots, turnips &c. Every one knows that these things always occasion blisters and sores; whereas heat, on the contrary, draws out the fire, and the effects of it disappear entirely and within a short time, without afterpains by applying something which burns with less violence.

A good remedy in many cases is *oil of turpentine*. However, this is only applicable in burns of small spots, because it is very apt to occasion other molestation, and is, if abundantly applied, very dangerous.

The application of *spirits of wine*, strong brandy, rum &c., particularly, if heated, is much better. Put some in a dish on a stove to heat, and at the same time in another dish, or a saucer, set some on fire, and let it burn until it is heated, then extinguish the flame by covering it, and use this till that put on the stove is heated. With this wet the burns as long as the pain is somewhat increased thereby. You may apply it also to large spots, by dipping rags into the spirits of wine, putting them on the burns, and keeping them constantly wet. However, it is not very feasible, when half the body is burnt and there are deep wounds. Neither can it be done near the eyes, and other tender places; nor will it do any good, if in the first consternation cold water has been applied.

In many cases where the burn has spread over a



large surface, without causing deep wounds, *raw cotton* is a clean and very good remedy. Pull the cotton finely apart, or cotton wadding slit open, and spread it in thin layers, one over the other, upon the burnt spots. Blisters should previously be stuck open, and washed out with warm water. If the wound suppurates, take off the upper layers, but let the lower remain, placing fresh ones over it. The whole member ought, however, to be well bound up. The quicker the raw cotton is put on, the better it will be. Should, however, cold water, or anything cooling have been applied before, it will not avail much.

The very best remedy in most cases is *soap*. Potashes, it is well known, are a substance very fretting and burning. Combined with fat, as soap, it retains its fretting property, else soap could not take off dirt, neither would it burn in the eye, or on the tongue; however, the fat considerably mitigates its violence. For this reason soap is a very proper remedy, and as it can easily be got anywhere, and is readily applicable, it is to be recommended in bad and deep burns. It will still do even after much bungling with other things. Take white, or in preference Castile soap (but no brown, or resinous soap), shave it fine and convert it by lukewarm water into a thick salve. Spread this salve as thick as the back of a knife on strips of linen or other cloth, and cover the burns with it, being careful to make it touch every spot; for if any remains

without being in contact with it, it cannot heal. When blisters have already risen, cut them open and cut away the loose skin as much as possible. Tie it well up, so as to keep the plaster continually in contact with the skin. Thus let it remain for 18 or 24 hours, and, if the skin has been much injured, be careful in removing the plaster, do not wipe or wash the sore, but only put on a fresh plaster. This will at first increase the burning a little, yet it will soon ease the pain. When the pain, after having abated, begins again to increase, it is time to put on a fresh plaster. After the first bandage, therefore, make a fresh supply of salve, which you will then be better able than before in the hurry to prepare nice and even. Thus continue until the wound is completely healed, which, though it be ever so bad will happen much sooner than after the application of cold water, lead water, sweet oil or other remedies of the kind. To heal slight burns in this manner will only take two days, the worst not more than eight. Nay, its healing effects will even be perceived where the skin has been burnt to the bone. If the sore is properly attended to, it will heal usually without supuration, and without leaving any mark.

An invaluable remedy, which, causing a burning sensation on the skin and in the eyes, must be healing in burns, is *Creosote water*, which in a short time we shall be able to get in every apothecary's shop. In cases where the application of soap occasions a bad

smell, which will not pass off upon renewal of the bandage, or where the application of salve is too troublesome, either because the bandage cannot be properly fastened, or the patient is not able to keep himself quiet, — in all such cases the application of Creosote water is preferable. Its healing effects will be perceptible in the slightest as well as the most dangerous burns — immediately after they occurred, or subsequently — after any proper, or improper remedy. Apply it to the wounds with a hair pencil, put on them linen rags dipped in it, and put a light bandage around to keep off the air. Blisters must be stuck open, and be cut away as soon and as far as possible. The pain it occasions is insignificant, and the wound will heal quickly. Renew it whenever the wound pains again, every day once, twice or three times.

If no Creosote water can be had, make something similar of dripping soot. Shake this in double its weight of brandy, and put a teaspoonful of this mixture into a pint of water, and of this use neither what is swimming on the top, nor what precipitates, but simply the solution. In case of need you may also take tar to put on sores from burns; but they will easily become unclean, and it will be well to put a fine rag on the wound, and the tar over it.

Violent pain after burning will subside, if nothing else can be got, by strewing flour or hair powder on the burn.

In fever, which sometimes takes place, give No. 3; but No. 15 ought *never* to be given in burns. In extensive burns sometimes diarrhœa or costiveness obtains; but no remedy ought to be given except against the latter, should it continue longer than four or five days, when you may give injections of warm water. The diarrhœa, which sometimes occurs, is very necessary for the preservation of life, and ought by no means to be stopped, unless it should continue for weeks after the burns have been completely healed; then give first No. 25, after some days, if required, No. 12; should it prove unavailing, No. 22. Yet in most cases the diarrhœa will cease of itself, upon drinking plenty of water and frequent motion in the open air. Either is indispensable for restoration to those who have had severe burns.

As to the application of lead ointment, or, worse still, lead water, I can only say that it has never yet done the least good; the horrid suppuration, ulcers and ever-remaining scars, consequent upon it — could not have been worse, if nothing had been done. Experience has proved in numberless instances, that persons who have had a large part of their body injured by burning, have been poisoned by it; and that all children, who have had lead water applied to half their body, generally die — not, as is falsely alleged, in consequence of the burns, but by being poisoned, as is palpably evident in the symptoms: — and it cannot be

mentioned too often, in order to induce people of common sense to abstain from this abominable incongruity.


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✎ What has to be done when parts of the body suffer from *Cold* will appear under "*Chilblains*". How persons who are *Frozen* ought to be treated, will appear under "*Apparent Death*", where also rules will be found as to the treatment of people apparently dead from suffocation, hanging, drowning and other causes.



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